



Kensington & Chelsea NEWS

LWN

LONDON WEEKLY NEWS GROUP

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Thursday, February 12th 2015

● BOROUGH IS A SAFER PLACE TO LIVE BUT ...

Violent attacks show a worrying increase

KENSINGTON and Chelsea has become a much more violent borough – latest police figures show that attacks have soared by more than 50 per cent.

It is the first rise in violence in the borough for years and although it reflects an alarming trend across the capital, Kensington & Chelsea Borough Council this week pledged a new drive with police to get incidents down.

A list of offences released by the Met has revealed that although much crime in the borough is on the decrease, incidents of violence have jumped up to more than 10 each day.

Crime figures for December last year show that violent attacks against the person rose to 330 in the borough – compared to 207 for the same month in 2013.

Violent attacks include harassment, common assault,

● By LWN reporter
GEOFF BAKER

actual bodily harm, grievous bodily harm and possession of an offensive weapon with intent.

Racist and religious hate crime is also on the increase in the borough. Although incidents are not many, the number of offences has increased more than fourfold with 32 incidents recorded by local police in December as opposed to just seven in the same month of the year before.

Overall, the number of total crimes in the borough increased from 1,398 in December 2013 to 1,626 for the same month last year. This reflects the trend for the capital in the Christmas months, with the Met's figures showing 58,859 crimes recorded in December 2014, up on the 55,942 figure for the same month of

the previous year. Across London for the same periods, incidents of violent crime rose from 12,824 to 16,405.

But in many areas of crime, the borough – which is policed by 434 officers with five 24-hour Response Teams and 18 Safer Neighbourhood teams – is becoming a safer place to live.

For instance, the Met figures show that the incidence of anti-Semitic crimes recorded in the borough is non-existent. Islamophobic crime is also low, with three incidents in December 2014, a small increase on two in December 2013. Homophobic crime is also low, with only five crimes recorded in December 2014.

The number of rape and sexual assaults cases has almost halved – down from 26 to 14 in the comparative months. Robbery is also down, from 41 cases to 34.

However, domestic crime – offences of threatening behaviour, violence or abuse between partners or family members – rose by 30% from 58 cases to 76 and the number of burglaries was also up, from 156 cases to 170.

The Council's Cabinet Member for Community Safety, IT and Corporate Services, Councillor Joanna Gardner, said: "The Council is always concerned about any increase in violent crime in the borough and this increase, the first in many years, represents a London-wide trend. The figures cover a variety of crimes and include rises in reports of youth-related violence, domestic abuse as well as violence associated with the night-time economy.

Dedicated serious violence team

"We recently funded an additional 41 police officers who form the Kensington and Chelsea Community Police Team who are being deployed to tackle these issues alongside council enforcement teams and the police.

"The council is also working with the police and local voluntary and health organisations to deter youth crime and violence. The police have established a dedicated Serious Violence Team to take action against known offenders. A new project at St Mary's Hospital will see youth workers engaging with young people being treated for violent injuries to stop the cycle of violence.

"Violence against women and girls is another area of concern for the council and we fund services to provide support for victims and their families to recover and stay safe from further harm. This can involve safe housing for a period at a refuge, having someone to talk to, or help with practical or legal matters. The council and its partners also work with communities to send the message that this often hidden crime is unacceptable, and should be reported and that support is available.

"Of course it is important to stress the borough remains one of the safest and least violent boroughs in London. We have the seventh lowest volume of reported violent offences out of the 32 London boroughs. However, we are never complacent and will continue to work with the police to drive down the number of these incidents."

**INSIDE THE CITY'S
BRIGHT NEW LOCAL**



New job for
Harry - page 13



Ol' Blues Eyes is
back in town ...

see page page 16



■ REVING UP: Launch of the 2014 Wheels For Troops events at the Royal Hospital in Chelsea

Ride will help the Royal Hospital

MOTORCYCLISTS are being invited to take part in the fourth annual Wheels for Troops event, a marshalled ride through Surrey honouring the contribution of Armed Forces personnel.

The event will be held on Saturday, July 4th and will raise funds for the Royal Hospital Chelsea, the British Legion Poppy Appeal, Armed Forces Bikers, BLESMA, Limbless Veterans and SERV.

'Wheels', a not-for-profit group, was founded by Amanda Jenkins after her son returned from a tour of Afghanistan. The family were keen to create an event that re-

membered those who sadly lost their lives in the conflict, and pledged to fundraise in support of the military community.

The 2015 ride will begin in Reigate and will culminate in a family fun day at Redhill Memorial Park. The ride will be fully marshalled by volunteers from SERV, assisted by riders from the Royal British Legion Riders Branch.

All participants are asked to make a £15 donation to take part in the ride, for which they will receive an event t-shirt. Riders can register by emailing w4t@live.co.uk

THE paper serving the **HEART** of London

Roll up your sleeves and get stuck in says the Mayor

Apply for a grant to smarten up your area

BORIS Johnson is calling on Londoners to roll up their sleeves and volunteer for this year's Capital Clean-up campaign. Last year's clean-up filled 3,000 bin-liners with rubbish.

Groups such as community organisations, charities, small businesses and youth groups can now apply for £50,000 worth of grants and tool kits to tidy and brighten up their parks, streets, estates, residential areas and waterways.

Grants of between £500 and £1,500 are available, or a special clean-up kit, to bring volunteers together and create cleaner, greener and safer local environments.

The Mayor's Capital Clean-up campaign, which has been led by City Hall since 2011, has already helped thousands of Londoners to get together and smarten up their neighbourhood.

Last year over 3,500 volunteers took part in 222 Capital Clean-up events across 22 London boroughs in 9,000 hours of volunteering. They collected almost 3,000 bags of rubbish, transforming an area the size of 104 football pitches.

Mayor Boris Johnson said: "Capital Clean-up is about community action. What better way to get to know your neighbours than by rolling up your sleeves, getting your hands dirty and working together to improve your local area?"

"I hope more Londoners than ever before get involved in 2015 so that we can have a cleaner and more beautiful city for everyone to enjoy."

With the support of McDonald's UK, Capital Clean-up aims to reach out to as many community groups as possible, providing the support they need to host clean-up events in their neighbourhoods.

Howard Gray, Head of Sustainability at McDon-



FROM THE
MAYOR'S
OFFICE



■ ONE of last year's Capital Clean-up projects - volunteers used their grant money to clear the outside space at The Robert Owen Early Years Centre in Greenwich and create a flower and vegetable garden



ald's UK, said: "We support Capital Clean-up because we both understand that by revitalising a park, residential area or playing field you can do a huge amount to boost to local pride."

"Last year hundreds of our staff across London helped to organise, or took part in, over 50 clean-up events and enabled over 1,700 volunteers to get involved. We're proud that through Capital Clean-up we are able to help communi-

ties come together to organise similar events and help improve their city."

The Mayor and McDonald's UK aim to attract 10,000 'clean-up local champions' volunteers by summer 2016.

● To apply for grants visit www.london.gov.uk/cleanup. The deadline for applications is 5pm, Monday, March 16th 2015.



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Apprenticeship Scheme

WESTMINSTER City Council is committed to helping young people into employment and is very proud of the apprentices on its Apprenticeship Scheme. It has been a huge success with positive feedback from both apprentices and line managers.

Apprenticeships are an excellent way of gaining qualifications, work based skills and experience with all apprentices provided with relevant workplace placements and training from a recognised OFSTED provider.

The council's current apprenticeship programme is delivered in partnership with the London Apprenticeship Company with opportunities at the council advertised on their website.

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● THREAT TO HIGH-RISK GROUPS

Health chief's warning after rise in flu deaths

NHS chiefs have urged Kensington and Chelsea residents who are at 'high risk' of developing complications from flu to take steps to protect themselves this winter, amid fears that vaccines are failing to protect people from the virus.

Free flu jabs are still available to those who are vulnerable to illness, and people living in the royal borough have been encouraged to take advantage of the offer.

For certain high-risk groups, including young children, pregnant women and adults over the age of 65, flu can lead to potentially severe complications like pneumonia and bronchitis.

And concerns have been raised about the effectiveness of the vaccine, after a series of outbreaks in care homes and a rise in the number of flu-related deaths this winter.

But health officials are still offering vaccinations to residents who are likely to be vulnerable

HEALTH MATTERS IN THE ROYAL BOROUGH

to the virus over the winter months.

"Some people think flu is just like having a bad cold, but the reality is it can be very nasty indeed", said Dr Fiona Butler, chair of the West London Clinical Commissioning Group (CCG).

Negligible impact

"The potential complications for people in the high-risk categories ... are severe, and especially for older people, can be fatal."

It emerged last week that this year's seasonal flu vaccine may be having a negligible impact on pre-

venting illness, due to mutations in the strain.

According to Public Health England, only around half of those in high-risk groups under the age of 65 signed up for a vaccination for the year 2013-14, with just under three quarters of elderly people taking steps to protect themselves.

Dr Butler added: "It is important to be vaccinated not just for your own health, but also to prevent spreading the virus to others."

"It is very rare to suffer from any serious side effects after a flu jab, but some patients experience a mild temperature or aching muscles for a day or two."

The vaccine is given in the form of a nasal spray to children aged between two and five, and high-risk children aged up to 18 will also be offered the nasal spray vaccine. Jabs or sprays are available from all GP surgeries and some pharmacies.

Free vitamins for mothers and children

DOCTORS in Kensington and Chelsea have discovered an increase in the cases of rickets among children in the borough, raising concerns about the risk of bone deformities.

Now pregnant women, new mothers and children in the borough are being encouraged to protect themselves against this vitamin D deficiency this winter by taking free Healthy Start vitamins, available from their nearest children's centre or health centre.

Deficiency impairs the absorption of dietary calcium and phosphorus, which leads to bone pain and tenderness. Severe deficiencies can cause deformity and rickets in children,

osteomalacia in adults.

Local paediatricians and GPs in the borough are increasingly finding cases of rickets and other severe manifestations of vitamin D deficiency.

The Healthy Start vitamins for women include the essential daily vitamins D, C and folic acid while the children's vitamins include D, C and A.

To help promote the uptake of these vitamins, Central London Community Healthcare NHS Trust, which provides health visiting services in the borough, is running a campaign 'Vitamin D for

Me' throughout February.

Vitamin D deficiency is thought to be much more common than was thought. A 2007 survey estimated that around 50 per cent

The good news is that a supplement needn't cost anything and I would encourage all mothers, pregnant women and those planning a pregnancy to go to their nearest health centre

of all adults have some degree of vitamin D deficiency and 16 per cent have a severe deficiency during winter and spring.

This is because the main source of vitamin D is sun-

light.

A very small amount is available through foods such as eggs, oily fish and dairy products but it is difficult to get enough

through food alone.

Consequently, the Department of Health recommend that all pregnant and breastfeeding women should take a daily vitamin D supplement. It is also especially important for children under five to grow healthy bones and teeth.

Cllr Mary Weale, Cabinet Member for Adult Social Care and Public Health, said: "Vitamin D is an essential, daily vitamin that is difficult to obtain from food alone."

"The good news is that a supplement needn't cost anything and I would encourage all mothers, pregnant women and those planning a pregnancy to go to their nearest health centre or children's centre and pick up some Healthy Start vitamins."

Community groups to keep council funding

THE Royal Borough of Kensington and Chelsea is protecting its support to the voluntary and community organisations that benefit from its main grants funding, with nearly £2.3m being allocated next year.

This means all the organisations that were funded by the Royal Borough of Kensington and Chelsea's Corporate Services Grants Programme in 2014-15 have secured funding if they have applied again.

Despite continuing pressure on the council's own finances, all the grants have been maintained or increased.

Two new projects are also being supported by currently-funded organisations; Nucleus, a legal advice centre in Earl's Court and the North Kensington Law Centre.

There is also good news for those groups looking for small grant funding for one-off costs. This is being more than doubled, from £14,000 to £30,000 per year.

Councillor Gerard Hargreaves, Cabinet Member for Voluntary Organisations and Resident Engagement, said: "I am delighted we have been able to continue supporting these important projects. We all know that we are in times of hard financial decisions but, as a Council, we are determined to do our utmost to help the voluntary sector. All the groups receiving money provide important services to our residents, which helps the Council to deliver our priorities as well."

Among the organisations being supported are: Chelsea Centre Ltd (Chelsea Theatre), Dalgarno Neighbourhood Trust, Kensington and Chelsea Citizens Advice Bureau, Kensington and Chelsea Social Council and the Volunteer Centre.

Further information can be found at: www.rbkc.gov.uk/communityfunding

◆ EVER wanted to phone up Kensington and Chelsea Borough Council and have them run around chasing some entirely bogus enquiry that you've completely invented? Now here's your chance – and you get paid for it.

In order to test the quality of its services, the council is looking for volunteers to take part in a resident reviewers' mystery shopping project.

The project involves 50 residents telephoning, visiting and emailing council services and asking for help with made-up, but realistic enquiries.

Reviewers rate the quality of their experience to help the council identify any areas for improvement.

Over the past ten years the project has involved over 250 residents, carrying out over 70 mystery shopping exercises across a range of Council services.

Reviews have included the borough's libraries, council tax, parking, planning and parks.

The council looking for borough residents aged over 18 who can take part in two or three exercises per year. In return for taking part they will be rewarded with gift vouchers, typically £40 each time.

Interested? Contact Consultation Officer Gary Wilson on 020 7361 3616 or email Gary.Wilson@rbkc.gov.uk

'Growth Deal' funding will create 8,000 new jobs

MAYOR of London Boris Johnson has welcomed £58 million of new Government funding that his team will use to help create up to 8,000 new jobs.

The money will be spent on developing schemes that will help the capital's employers generate new jobs and provide Londoners with the skills to fill them.

The Mayor's office says providing the jobs and skills to support soaring population levels in the capital is crucial and the new funding is on top of a £236 million 'Growth Deal' for London that was signed off with the Government last year.

"The London Enterprise Panel, which is chaired by the Mayor, is at the heart of those plans and they will now consider where best to allocate the new funds, which have the potential to support up to 2,400 new jobs," said the Mayor's office.

The Mayor said: "This extra cash will deliver real change and new opportunities in communities across the capital. We've got some fantastic proposals in the pipeline that will not only reinvigorate our town centres and colleges, but help people to learn, earn and

LONDON WIDE

fill thousands of new jobs."

The Growth Deal for London runs for six years from 2015 to 2021. With the new funding in place the Deal has the potential to generate a total of £190 million of new public and private investment in London and up to 8,000 jobs.

Of the £58 million around £38 million will be used to support colleges and further education in the capital.

Job creation

The remaining £20 million will be used to support the creation of new jobs on the capital's high streets.

The Government plans to make another £5 billion of funding available nationwide over the period of the Growth Deal and London will be bidding for a share.

Over 48 organisations have already bid for shares of the funding that was announced last year. The bids now being considered would help provide learning and skills across a variety of sectors including digital skills, science, engineering, health and child care. The London Enterprise Panel is due to announce which or-

ganisations will receive that funding later this year.

Deputy Chairman of the London Enterprise Panel, Harvey McGrath, said: "The release of capital funding for London's further education estate is a huge step forward in ensuring providers are delivering the skills that London's residents and businesses need. We are now working with providers, London's boroughs and businesses to build a pipeline of projects for the next three years, and look forward to discussing further years of funding through future Growth Deal funding rounds."

The Chairman of London Councils, Mayor Jules Pipe said: "Boroughs are hoping to use the £20 million for London's high streets to build on existing programmes which help traders adapt to the changing needs of shoppers and the local community."

"They are also looking forward to the opportunity to invest in more affordable space for start-ups, so they have somewhere to set up and grow their businesses."

"All in all, this funding will help keep the economic lifeblood of London flowing, which will benefit everyone, while the £38 million will help young Londoners better prepare for the labour market."



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Children's calendars promote their road safety messages

STAYING safe and travelling actively are the key messages captured by 49 school-children whose posters feature in the 2015 Road Safety and School Travel Calendar.

The competition organised by the Royal Borough of Kensington and Chelsea and Hammersmith & Fulham Council attracted over 2,000 entries from 38 schools across the two boroughs.

St Barnabas & St Philips, Earls Court, had the most entries with 200, while Cameron House, Chelsea, had the most winners - scooping three prizes

Each month the calendar features four of the winning entries with messages which range from whimsical observations on the best way to travel to school to insightful advice. For example young Oliver Pilot of Cameron House would like to travel to school on a rainbow, while Miki Keric of St Barnabas and & St Philips produced a dramatic picture warning of the importance of 'stopping, looking and listening'.

The winners and their parents attended a prize-

giving ceremony at Kensington Town Hall at the end of January when the Royal Borough's Mayor, Cllr Maighread Condon-Simmonds congratulated the winners and said: "I'm very impressed with the time and effort so many children have put in to produce their pictures, all of which promote important messages about staying active and healthy and above all safe when travelling to school."

The competition which has been running in the Royal Borough for 13 years has proved a very successful format for helping children grasp road safety messages and learning the importance of choosing healthy travel choices.

In addition to the competition the road safety teams also run: cycle training; pedestrian and scooter training and junior and youth travel ambassador schemes which involves teams of pupils spreading the road safety to their local community. Regular Dr Bike sessions are also organised.

The road safety and school travel calendar is sponsored by Project Centre the councils' highways, traffic and road safety partner.



■ OLIVER Pilot would like to travel to school on a rainbow, while Miki Keric says: 'Stop, Look, Listen'



NEWS FROM NICK ...

with Nicholas Paget-Brown,
Leader of the Royal Borough
of Kensington and Chelsea

We need our reserves to be able to invest in the future

AS I descend ever deeper into middle age, I find the BBC's Question Time ever more difficult to watch.

Even in the programme's pomp under Sir Robin Day I might occasionally have been irritated by a panellist who rather than a thoughtful response acknowledging the complexity of an issue would instead deliver a 'clap line' designed to get the audience applauding like seals. But these days the clap lines seem to have taken over (and that's not good for my ulcers).

And sadly clap lines are not confined to Question Time; they have been creeping into local politics too.

The one I am currently contending with is this: every time we have to make a tough decision, up pop the usual suspects to say "you don't have to do this, Kensington and Chelsea has got massive reserves."

Predictably, hisses and cries of "shame" then issue from the public gallery. We have heard them over the play service, the passenger transport contract, the letting of the Isaac Newton Centre and much else besides, so today I thought I would devote a few paragraphs to explaining why this reserves stuff is nothing more than a clap line, a mere political trope.

Since the age of austerity started, in 2010, the Council's budget has shrunk by some £50 million and we fear that it will fall by at least this amount over the next four years.

In Council terms, that's huge, but by and large we have so far managed to protect our residents' services. We have done so by sharing with our neighbouring boroughs, by making savings in management, and by managing our property estate in a much more dynamic way. Doing all that has involved a whole series of difficult but necessary decisions.

Every time our critics isolate one of those decisions and say "you don't have to do this, you have got all those reserves," it's bogus because it's not one decision they want to defer but many, it is not hundreds of thousands they want to pay out of reserves annually but millions and of course reserves are different from revenue: they can only be spent once. If we use them to defer difficult decisions, they will soon be gone and for reasons I will come on to we need those reserves.

The answer to shrinking revenue there-

fore is not clap lines but the hard gruelling business of doing things differently, of doing things better, for as long as we can.

But let's talk about our reserves which are indeed healthy, for now anyway. For that I would like to pay tribute to our financial managers past and present, making special mention of our formidable former director of finance - Mrs Sue Beauchamp - who sadly died recently.

In recent years local government has seen strikes, banking collapses, market implusions and contractor failure. Any organisation of our size, delivering hundreds of vital services, simply must hold some cash reserves if it wants to be able to insulate its residents against those risks.

And risk is not the only reason for reserves. Despite austerity we have refused to set aside our ambitions for our residents.

In fact we have some £200 million of capital projects in the pipeline right now, new schools, a new sports centre, new facilities for children with disabilities, an expanded dementia service and much else as well.

In addition we are bringing forward proposals for hundreds of new homes so that we can make our contribution to solving the housing crisis.

That we can do all that is of course down to our reserves which will soon start shrinking to pay the bills.

So our reserves protect your services against risks and enable us to invest in the future. And here's the irony: if over the years we had followed the policies recommended by the clap

line merchants, those reserves wouldn't even exist; we would be unable to invest in the public realm and we would be more profoundly at risk of service failure.

the hard gruelling business of doing things differently, of doing things better, for as long as we can

● ASK NICK: A conversation with the Council Leader.

Cllr Nick Paget-Brown wants to know what the Council is doing well, what we can improve and hear any of your suggestions for the future.

Come along to the latest Ask Nick event on Thursday, March 5th 2015, 6pm refreshments, starts 6.30pm at the Second Church of Christ, Scientist, Palace Gardens Terrace, W8 4RT
www.rbkc.gov.uk/asknick

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To contact the Leader of the Council, Cllr Nick Paget-Brown, email theleader@rbkc.gov.uk

Wreath laying in memory of Sir Winston

MEMBERS of the Churchill family and representatives of Churchill-related organisations joined the congregation at a wreath laying to commemorate Sir Winston Churchill at Westminster Abbey.

This year marks the 50th anniversary of the death of the wartime leader, 60 years since his final resignation as prime minister, and 75 years since his "finest hour" leading the fight against fascism in 1940.

The wreath laying was conducted by the Dean of Westminster, the Very Reverend Dr John Hall, who gave the Welcome and Bidding.

Flowers were laid on the memorial stone commemorating Sir Win-

ston Churchill in the Nave by John Winston Churchill, great-great-grandson; Iona Pite, great-great-granddaughter; and Christabel Fraser, great-great-granddaughter.

A wreath was laid by Captain George Trypanis, representing The Queen's Royal Hussars, Churchill's regiment.

Sir David Cannadine gave a Reflection; the Honourable Celia Sandys, granddaughter, read from Sir Winston Churchill's Parliamentary

Tribute to Neville Chamberlain; and the Reverend Canon Adrian Daffern, Team Rector, Benefice of Blenheim, read Hebrews 11: 32 - 12: 2.

Prayers were led by the Reverend Dr James Hawkey, Minor Canon and Precentor of Westminster.



MARKING THE 50th ANNIVERSARY OF SIR WINSTON CHURCHILL'S DEATH: At the memorial service in Westminster Abbey his great-great grandchildren Iona Pite, John Winston Churchill and Christabel Fraser lay flowers in his memory.

Photo: REX

Singing Boris joins fight to save Soho

DEVELOPERS wanting to continue closing small clubs to build luxury flats now face heavyweight opposition – London's most powerful man, Mayor Boris Johnson, has joined the Save Soho campaign.

The Mayor is now calling for changes in planning powers to stop developers making what he calls "snazzy" flats out of much-loved Soho landmarks.

Save Soho campaigners have revealed that Boris is now to form a GLA task force to examine new ways of stopping the over-development of the area.

Following calls for help from Save Soho's lead campaigners Stephen Fry and Benedict Cumberbatch, the Mayor has had private briefings with the protest group's founder, musician Tim Arnold, and has come out fighting.

In a call to resist the threatened changes to Soho's unique character, the Mayor said: "Soho is integral to the cultural life of our city, we can't have it pasteurised, homogenised and sanitised.

"We can't have all the activity and the life driven out of Soho by the conversion to snazzy residential properties, that is not the way forward for London."

He added: "The crucial thing is that local councils

such as Westminster have got to be given back the power to stop businesses being made over to residential properties – it's very, very damaging for a vibrant part of the London economy like Soho."

Mr Arnold, who has performed in Soho clubs for 20 years and is currently a contestant on the BBC talent show "The Voice", has had two meetings with the Mayor to express fears that young musicians and music fans will have nowhere to go if developers keep on shutting the area's iconic small venues to make playpens for the wealthy.

"The conclusion was that London planners have moved forward without realising how important it is to preserve small venues," said Mr Arnold.

"The Mayor is creating a task force to address that issue and to put into action some changes in planning.

"He knows that building residential properties is important in some areas of London, but he accepts that in Soho the situation is different because it is such an entertainment district."

Campaigners want the Mayor to help them with their drive to have Soho awarded a protected planning status that preserves the unique look, business and identity of the area, similar to the Special Policy Area protection given to Savile Row to preserve its tailoring heritage.

The campaigners argue that as Soho is the birthplace of rock and roll in Britain – it began in 1956 at the former 2i's basement coffee bar in Old Compton Street – the area has too much musical history to be changed.

"The goal at our meetings with the Mayor was to help him realise that rock and roll, after 60 years of existence, is now as strong an art form as any other part of our culture," said Mr Arnold.

Special significance

"As Soho is where rock and roll was born, it has a special significance. With increasing numbers of small venues being closed in Soho, there are fewer affordable places for young bands to perform and that will badly affect the identity of the area. Boris wants to help us with that".

The Mayor is also in talks with the Save Soho group and landlords about plans to reincarnate the recently-closed Madam Jo Jo's and open a replica of the original club on a new site in the entertainment district.

"We are thrilled that Soho landlords appear to have

the same vision as we do for a new future for Madam Jo Jo's," said Mr Arnold.

"The Mayor's response at our meetings was brilliant. We met with him and his music team at City Hall at his request and then again on site in Soho. He's got a rock and roll streak in him, he's certainly very Soho."

During his site visit, the Mayor was caught on TV cameras giving an impromptu performance of "Don't

Go Changing Soho", a new protest song that campaigners are planning to release in order to step up the public profile of the campaign which has now been backed by some 30,000 signatures on a petition to the Mayor.

"I had no idea that Boris could sing, he's a great singer", said Mr Arnold, "I'm glad that he's not on The Voice, I wouldn't want to compete with him."



■ ON SONG: Mayor Boris Johnson being shown around Soho by entertainer Tim Arnold

100 same sex couples tie the knot

ONE HUNDRED same sex couples in Westminster have converted their civil partnerships to marriages since the landmark change in the law came into effect in December, reaffirming the city's reputation among the UK's most popular places for gay and lesbian couples to tie the knot.

The Westminster Register Office announced its 100th civil partnership conversion last week, having completed an average of almost two a day since

the switch became law on December 10th.

The city has been heralded the most popular place in the country for same sex couples, with record numbers of civil partnerships registered within the council area.

Hailed as an historic change in the law when introduced last year, gay and lesbian couples can now convert their civil partnerships into marriages at their local register office.

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Campaigners delighted that Mayor has given green light to 'flyunder'

CAMPAIGNERS were this week celebrating the news that London Mayor Boris Johnson has given the greenlight for the Hammersmith 'flyunder'

The decision made by the Mayor on a snow-bound trip to the United States came days after Councillor Stephen Cowan, the leader of Hammersmith and Fulham Council, called for Mr Johnson to take definitive action on the scheme, amid concerns that the project is drifting off the radar.

The council believes demolishing the A4 flyover and replacing it with a tunnel will serve as a catalyst in regenerating businesses in the heart of Hammersmith.

Cllr Cowan said the scheme would bring benefits to the environment as well as the economy, and would represent a "legacy" project for the Mayor himself.

It is almost a year since the Mayor, who has ultimate responsibility for the scheme, indicated that he was ready to give the "fantastic" project the go-ahead.

Since then, Transport for London (TfL) has said it wants to study the feasibility of the proposals as part of a long-term infrastructure plan stretching to 2050.

And councillors are growing increasingly concerned that the well-supported project has hit the buffers. "This scheme gives the Mayor an opportu-

By Jack Dixon

nity to improve the environment, strengthen the economy and regenerate an important part of London", said Cllr Cowan.

"We are asking him to take that chance and not to get bogged down in bureaucracy – it would be a legacy project for him."

A preliminary study has already explored three options for a brand new tunnel to replace the ailing flyover, ranging from one to five miles in length.

Exact figures have not yet been determined, but the tunnel could cost anywhere between £218 million and £1.7 billion to build.

Social media support

Land freed up after the demolition could generate another £1 billion to help fund the rest of the project, the council says.

The Hammersmith Gyrotory would also be removed as part of the ambitious improvement plans.

The council claims to have public opinion on its side and residents have taken to social media in a show of support for the hurry-up.

One commenter posted on the council's website urged the Mayor to "give Hammersmith a chance to show its beauty."

"Today it is ugly, noisy, polluting - it divides Hammer and Smith", it read.

Another commenter, Richard Lyons, said: "This is one of many main through routes that conflict



■ **FLYUNDER:** This is what the re-routing of the A4 in Hammersmith could look like. Mayor Boris Johnson says tolls could help to pay for the work, expected to run into millions.

with the life of town centre areas in greater London and need to be 'tunnelised'. It would be a perfect example to construct as a proof of principle and for developing engineering solutions for the future."

The A4 "flyunder" is one of five schemes the

Mayor has approved. Of the Hammersmith project, he commented: "The A4 is a very old mouldering flyover which we could take underground, releasing a huge amount of land that could be turned into a park, several parks, and other amenities, plus releasing a lot of land for housing."

Record year for D of E award youngsters

DOZENS of young people in Hammersmith and Fulham have been recognised for their achievements in working towards a Duke of Edinburgh award, after a record-breaking year for the borough.

Around 400 youngsters took part over the course of last year – more than Hammersmith and Fulham has ever seen before – and the top performers were presented with certificates at a recent ceremony.

More than 80 participants collected their bronze and silver awards at Hammersmith Town Hall, where they were praised for their dedication and spirit.

"The hard work and commit-

ment shown by all the young people involved was very impressive", said Andrew Christie, head of children's services at Hammersmith and Fulham Council.

"All of them have shown the kind of determination and ingenuity which I have no doubt will serve them very well in the future."

The Duke of Edinburgh award recognises the achievements of young people between the ages of 14 and 24, who are tasked with a series of challenges during an extensive activities programme, ranging from volunteering to outdoor expeditions.



LWN

LONDON WIDE

Food for the Sol!

AS one of the best defenders English football has ever seen, former Arsenal and Tottenham star Sol Campbell was well known for being a leader of men.

Now, he is asking readers to follow him into the kitchen and cook up a storm - all the while raising money for a great cause.

Campbell is one of a number of celebrities, including Dame Judi Dench, Heston Blumenthal, Richard and Judy and comedian Shappi Khorsandi, lending their support to bereaved children's charity Winston's Wish brand new campaign the Great British Brekkie. The campaign is helping to raise money for bereaved children by asking the public to hold their own breakfast parties - everything from champagne receptions to a good old cup of tea and slice of toast - and donating any money raised to this most worthy of causes.

Winston's Wish calculate that a child is bereaved every 22 minutes in the UK and that around £2.4million a year is needed to maintain their vital work, which includes their Helpline, answering around 13,000 calls a year from parents, teachers and health care professionals who need advice and guidance or just someone to speak to.

Ex-Premier League winner Campbell, who became aware of the campaign when meeting Winston's representatives at the Cheltenham Literature Festival during a promotional tour of his book The Authorised Biography, jumped at the chance to lend his culinary talents. And although his recipe is "probably more Jamaican than British", his breakfast of scrambled eggs with pepper, baked beans with fried onions topped off with dumplings is one that you won't see on too many menus.

"It's interesting, you should try it, it's lovely!" he says letting out a big laugh. "It's a little bit different from bacon and eggs, isn't?"

As well as the raising

money aspect of the campaign, as an ex professional athlete Campbell is hoping to increase awareness of not only healthy eating, but highlight the importance of eating a good hearty breakfast for everyone.

"Breakfast is the most important meal of the day, especially for kids growing up. I always give my kids a proper breakfast. It's so important. When they start getting to nursery then onto school, you want them to be energised for the three hours or five hours that they are there before they eat again. It's extremely important for that to happen. You don't want them to have an empty stomach and also you don't want a situation where they go up and down with the wrong types of food in the morning. You don't want them crashing down through food. So a balanced, slow burning breakfast is the best thing for anyone to have."

With that in mind, he's encouraging everyone to give his breakfast a go. It won't be too bad for waistline every once in a while, he promises... "It's not that unhealthy is it?" he says with a laugh.

"You've got the baked beans which is good, eggs which is good, fried onion mixed in with a bit of pepper, a bit of flour with the dumplings and a bit of fat with the butter to cook it in and fry the dumplings lightly, but that is about it really. It's a great breakfast. It reminds me of growing up and it also reminds me of Jamaica. I would recommend you having a go!"

You can sign up to take part in your very own Great British Brekkie at www.greatbritishbrekkie.org.uk - and you can support our work with bereaved children by texting Donate: BREK13 to 70070. For more information on Winston's Wish, visit www.winstonswish.org.uk

■ SOL Campbell supporting Winston's Wish



Dance your socks off for Comic Relief

MORE celebrities have pledged to join the line-up for the Comic Relief Danceathon, a six hour non-stop dance frenzy, held on Sunday, March 8th, at The SSE Arena, Wembley to raise money for Red Nose Day 2015.

Additions to the line up include Comic Relief stalwart Davina McCall, adventure lover Ben Fogle and property presenter Kirstie Allsopp. Joining them will be dancing DJs Gemma Cairney, Edith Bowman and Sara Cox, as well as YouTube sensations Jim Chapman and Tanya Burr. Also confirmed to take part are Paralympic medallist Ade Adepitan MBE and wildlife presenter and Strictly star Steve Backshall.

These celebs will join the previously announced including Arlene Phillips, Chelsee Healey, Rachel Riley, Rufus Hound, Zoe Ball, Jo Whaley and Got to Dance's Adam Garcia and Kimberly Wyatt.

Over 2,000 fundraisers will dance non-stop at the Wembley event with thousands expected to take part across the country on the BBC Red Button.

The money raised by the Comic Relief Danceathon will be spent right here in the UK, and across Africa, helping vulnerable and disadvantaged people to turn their lives around.

For more information about the Comic Relief Danceathon go to www.rednoseday.com/danceathon



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Sainsbury's Store	15-17 Tottenham Court Road	Central London	W1T 1BJ
TCG Co-op MM Mainstream	504-506 Harrow Road	Paddington	W9 3QA
Tesco Classic Metro	22-25 Bedford Street	London	WC2E 9EQ
TCG Co-op City	Golden Cross House	London	WC2R 0RG
Notting Hill Gate Library	1 Pembridge Square	Notting Hill	W2 4EW
Kensal Library	20 Golborne Road		W10 5PF

Westminster & Pimlico News pick up points

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Tesco Metro	18-28 Warwick Way	Westminster	SW1V 1RX
Tesco Classic Metro	Dean Street	Westminster	W1D 3RS
Tesco Classic Metro	10-16 Goodge Street	Westminster	W1T 2QB
Tesco Metro	90-100 Edgware Road	Westminster	W2 2EA
TCG Co-op City	19-21 Store Street	Westminster	WC1E 7DB

● ROTARY IN WESTMINSTER



THE Rotary Club of Westminster East is a fast growing club having recently inducted two more new members.

The club now has 42 members from 20 different nationalities and must be one of the most diverse clubs in England. They meet at the Park Plaza Hotel, Victoria, at 6.30pm for 7pm.

Potential new members and visiting Rotarians are

welcome and invited to the weekly meetings, and should contact westminstereastrotary.org.

The club supports local and international charities and are always open to new ideas and support.

Pictured are Club President John Vine (centre) flanked by the two new members, together with their sponsors.

Coat of arms for camera shop



GRAYS of Westminster, the exclusively-Nikon camera shop, has become the first camera shop in the world to be granted a Coat of Arms.

Pimlico's famous Churton Street shop, whose clients have included Rod Stewart, David Suchet and the late Lord Snowdon, Terence Donovan and Stanley Kubrick, joins Burberry and Harrods in being awarded a Coat of Arms.

For any person or organisation to have a legal right to a Coat of Arms, it has to be granted to them by England's Earl Marshal, the 18th Duke of Norfolk, through the Herald at the College of Arms in London.

The College of Arms worked closely with owner Gray Levett

throughout the design to create a Coat of Arms that was personal to Grays of Westminster and one which would visually identify their role in the photographic industry.

It is painted on vellum using ink and 22-carat gold paint decorated by a herald painter, with the text written by a scrivener, the whole process took a year to create.

On receiving the Coat of Arms, Gray Levett said: "I am deeply honoured to receive this singular recognition for Grays of Westminster. To be acknowledged by Her Majesty's College of Arms is something very special, and the Coat of Arms will serve as an enduring inspiration for me to continue to offer the very best in service to our Nikon customers."

Writing for the **London Weekly News** every week, London's favourite entrepreneur

Charlie Pipes Up!



Labour sticking the knife into business owners

ENTREPRENEURSHIP is under attack and the election will be the battlefield where Labour aims to stick the knife in to business owners, who are actually the saviours of the economy.

This is not a politically-biased rant, but a rallying call to entrepreneurs who believe that running a successful business that generates employment and has a positive impact on their communities and the economy is as important as making money for themselves.

Effectively, there'll be nowhere to hide from a wealth-and-business-hating tax grab if Labour gets its hands on the Treasury after the general election. And this might actually be one of the few things that both Labour and the Conservatives agree on.

In his new book, former cabinet minister, and Ed Miliband ally, Peter Hain is calling for his party to up the effective top income tax rate on successful people from the current 47p in the pound to a staggering 62p.

The plan would attack top earners with an increased income tax rate and a rise in National Insurance.

And Ed's mate isn't just targeting people on six figure salaries either. Currently National Insurance is 12p in the pound for people earning up to £41,800, after which it goes back to 2p. But if Hain has his way the drop off would be scrapped, which would see middle income earners' effective tax rates rocket!

And there's more, much more, including policies that would bring in a financial transactions tax, a mansion tax, and even stamp duty on football transfers.

If Labour is looking for headlines in its battle to harvest disillusioned Lib Dem voters before the resurgent Greens get hold of them, they may get them. But I can tell you they will

produce some more troubling ones too, like: 'BUSINESS CLOSED'; 'JOBS LOST', and 'UK FIRM MOVES TO INDIA'.

Last week, I witnessed Lord Digby Jones make a very good point and it was that politicians, bureaucrats and policy makers rarely ever seem to understand that it's business that generates the money to pay for everything. And without business there is no state, no government, no education system, no roads, military or a health system. And, when the public sector haemorrhaged staff, I'd add jobs to that list too!

Dire results

For a brief moment in history, new Labour realised this, but the business haters are back, and they are led by the two Eds. And all they want to do when they see a cash cow is milk it to death, but they don't understand that you need to give it more grass to stay alive and keep producing.

Labour tried to tax the hell out of the country in the 1970s and the results for the economy were dire, energy shortages, three day weeks, need I go on?

This time around what's at risk is our fledgling, business-led recovery, of which I for one am extraordinarily proud. And so should the other business owners that have played a part in the

UK's economic turnaround.

However, they will become the collateral damage of Labour's headline-grabbing policies, which will have much more effect on the economy than impacting on the take-home pay and bonuses of the crooks in suits in the City.

Try and take away more than half of what wealth-creating and employment-creating business owners get for their labours and risk taking, and the ones that aren't driven out of business, will take their skills and entrepreneurial talent elsewhere.

The business haters are back, and they are led by the two Eds. And all they want to do when they see a cash cow is milk it to death, but they don't understand that you need to give it more grass to stay alive and keep producing

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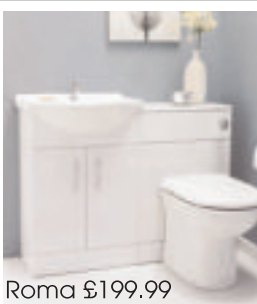
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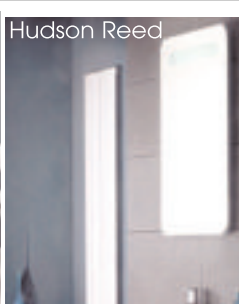
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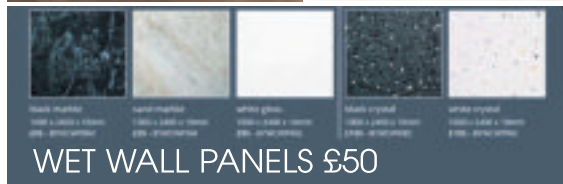
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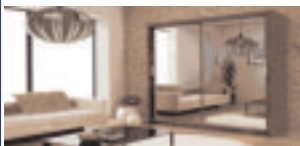
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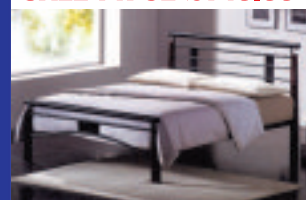
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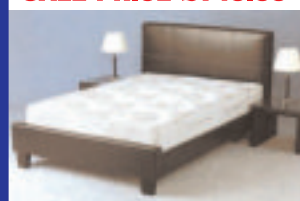
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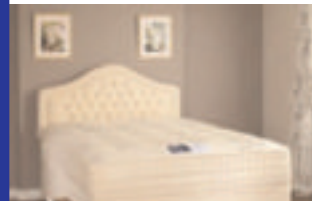
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Build both runways, say travel industry bosses

TRAVEL industry experts have called for additional runways to be built at both Gatwick and Heathrow airports, in order to cope with growing passenger demand over the next 35 years.

The Association of British Travel Agents (ABTA) has urged the Airports Commission to back planning permission for both expansion projects when it publishes its recommendations in the next few weeks.

The two airports are bidding for the commission's support and have clashed in recent weeks as the public consultation period draws to a close.

Now ABTA has stepped into the argument to encourage the commission to 'green light' both projects, with each airport having made "compelling" and "logical" cases for expansion.

By Jack Dixon

The association argues that Heathrow is full, with Gatwick operating at full capacity at peak times. And additional capacity is "essential" at both airports if they are to ensure a seamless passenger experience, it says.

"Increasing airport capacity is essential to the UK's growth and global competitiveness – urgent action is needed," said Mark Tanzer, ABTA's chief executive. "The Airports Commission has identified the need for two additional runways in the South East by 2050, and their detailed and extensive work should be used by the government to produce a long-term vision for the UK's aviation industry to 2050. This should involve planning permission for an additional

runway at both Gatwick and Heathrow."

ABTA's intervention follows the latest round of verbal sparring between the capital's two major airports.

Gatwick bosses recently warned that an extra 320,000 Londoners – including residents of Kensington and Chelsea – will be affected by noise if a third runway is built at Heathrow.

But a Heathrow spokesperson later accused their opponents of "scaremongering" and claimed that the additional runway would have a positive impact on night flight noise in the future.

Both airports were visited by record numbers of passengers last year, with more than 73 million fliers touching down or taking off from Heathrow alone.

Meanwhile, the number of people passing through Gatwick flew up to 38.1 million – an increase of 7.6 per cent on the previous year.

And ABTA bosses say it would be appropriate for both expansion plans to be given the go-ahead for planning in the next parliament.

They also point to a ComRes poll, which found seven out of 10 MPs agree that the UK risks being left behind if a plan to increase airport capacity is not adopted in the next year.

Mr Tanzer added: "Delivering either option will come with its challenges, and both airports will have a responsibility to bring their airlines, their passengers and the local communities affected, along with them on their expansion journey."

ADVERTISEMENT FEATURE

COUNCIL AND HOUSING ASSOCIATION TENANTS - ARE YOU UP TO DATE WITH RIGHT TO BUY?

Right to Buy is the scheme that helps eligible council and housing association tenants buy their home by offering a discount on the purchase price.

Since the scheme was refreshed in April 2012 the discounts have increased. Currently, eligible tenants can get up to 70% off the cost of their house or flat up to a maximum cash discount of £77,000 in England, and £102,700 if you live in London. Each year these discounts will increase by the rate of inflation. Since 2012 nearly 30,000 people in England have become homeowners through the Right to Buy scheme.

Could this be the right time for you - or somebody you know - to join them?

Receipts from additional Right to Buy sales going into building new affordable housing.

WHO QUALIFIES FOR THE RIGHT TO BUY?

Tenants are likely to be eligible to buy their current home if they can answer 'yes' to the following questions:

- * Are you currently a council tenant, or were you living in your home when the council transferred it to another landlord (housing association)?
- * Have you been a council or housing association tenant for 5 years or more?
- * Can you confirm that you do not live in sheltered housing or other housing designed for elderly or disabled people?

In addition, tenants need to be free from legal problems with debt or outstanding possession orders, and their home isn't due to be demolished.

If you don't qualify at the moment, keep an eye on news about Right to Buy as the Government is hoping to make further changes to eligibility later this year.

HOW MUCH DOES IT COST?

Homeownership brings many benefits such as freedom to make changes, a sense of pride and an investment for the future. But it is not

the right choice for everyone and one of the biggest questions to answer is 'Can I afford it?'

When you buy a home you need to budget for both one-off costs and ongoing costs. And you need to allow for your finances to change in the future.

The one-off costs could include stamp duty, professional fees for a survey, conveyancing and other legal costs. The ongoing costs include mortgage or loan repayments, repairs and maintenance. If the property is leasehold (usually a flat) there will be an annual service charge and ground rent.

There is plenty of guidance available on our website to help you add up what this means for you.



WORKING OUT YOUR BUDGET

We have an easy-to-use calculator on our website to help you work out what discount you could get and if you can afford to buy.

The Money Advice Service offers free, impartial advice on budgeting, mortgages and other financial matters. You can contact them on 0300 500 5000 or go to their website at www.moneyadviceservice.org.uk.

The Government's Right to Buy Agent service can also help you throughout the Right to Buy process from applying to completing. The advisers can provide information on finding a mortgage, appointing a solicitor and arranging a survey.

If you are midway through buying and have a problem, get in touch with the Agent service and they can advise you.

The advisers are available from Monday to Friday, 8am until 6pm. You can phone them on 0300 123 0913.

WHAT TO DO NEXT

If you decide that home ownership is the right choice for you, and you want to find out more about Right to Buy, have a look at our website. If you decide to go ahead you will need to fill in the application form and take the process forward with your landlord.

For more information:

Website:

www.communities.gov.uk/therighttobuy.

Phone: 0300 123 0913

Email: enquiry@righttobuyagent.org.uk

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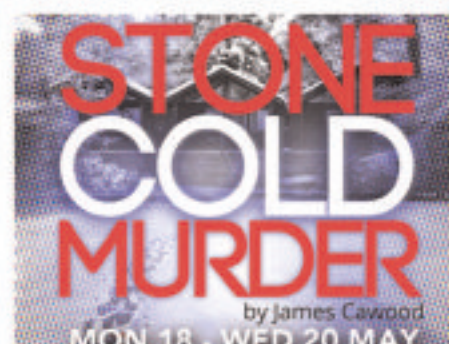


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LONDON WEEKLY NEWS

New exhibition in the Queen's Gallery

Celebrating gardens in all their glory

A new exhibition at The Queen's Gallery, Buckingham Palace is entitled *Painting Paradise - The Art of the Garden*. Whether a sacred sanctuary, a place for scientific study, a haven for the solitary thinker or a space for pure enjoyment and delight, gardens are where man and nature meet.

The exhibition reveals the way in which gardens have been celebrated in art across four centuries and brings together paintings, botanical studies, drawings, books, manuscripts and decorative arts. It includes works by Leonardo da Vinci, Maria Sibylla Merian and Carl Fabergé, and some of the earliest and rarest surviving depictions of gardens and plants.

I'VE heard of some strange gardening practices over the years, but some of the tips offered in a medieval gardening book which is said to have inspired Henry VIII's lost Great Garden at Whitehall Palace take the biscuit.

The *Ruralia Commoda*, written in 1304,

due to go on display at an exhibition at Buckingham Palace in March, claims that a squash will bear fruit after nine days if planted in the ashes of human bones and watered with oil, and that cucumbers shake at the sound of thunder.

It also mentions that lettuce loves goat manure and that combining the seeds of lettuce, radishes, nasturtium and colewort will result in a particularly tasty crop of greens.

The book, which will be displayed alongside some of the earliest and rarest surviving records of gardens and plants from the Royal Collection, entered Henry VIII's library after the death of its owner, the King's chaplain Richard Rawson, in 1543 and explains the importance of a king's garden to the Tudors.

But just how much truth is there in its horticultural growing tips?

Guy Barter, head of the RHS advisory service, says: "They didn't have squashes as we know them in those days."

Perhaps the Latin text has been lost in translation.

"It would have been a marrow. Squashes come from North America, which hadn't been discovered at that time. If you watered oil on the ground it would have no fertiliser effect. It might inhibit loss of moisture by evaporation but it wouldn't control pests."

"They would have used vegetable oil as they didn't have synthetic oil in those days and it would have been broken down in the soil. But if an old-fashioned gardener wanted to give it a go, it wouldn't do any harm. Just don't use engine oil!"

The manual also suggests that lettuce loves goat manure; and Barter agrees.

"Gardeners throughout history have gathered sheep manure which is an excellent quality and balanced feed, not too high in nitrogen like bird manure and probably better than cow manure. The problem is, goats are pretty thin on the ground nowadays. If you can

get hold of a goat, I'm sure there's potential there."

Burnt human bones were obviously valued for their horticultural properties in Henry VIII's day - and they would have added nutrients to the soil, Barter agrees.

"Mixtures of blood, fish and bones are widely sold today. Bones are a very good fertiliser. Before they had good machinery to grind up bones into bonemeal, they would have been burned and the ashes would have been rich in phosphorous and in lime. Whether human bones are better than any other bones, I wouldn't like to say."

While it's not the case today, in Tudor times many soils were deficient in phosphorous. The growing of root vegetables and legumes was often inhibited by lack of phosphorous, which is needed for the healthy production of roots and good root systems.

"Plants don't use much phosphorous but there's desperately little of it in virgin soil, so it was lacking until the invention of the fertiliser industry in the mid-19th century," says Barter.

He is, however, flummoxed by the claim that cucumbers shake with fear at the sound of thunder.

"I've never seen a cucumber shake with fear," he laughs. "They would have been grown in cold frames covered with glass or wax. But even so, I can't imagine why a cucumber would



A double spray of bleeding hearts, carved in rhodonite and quartzite, with three sets of three carved nephrite leaves on dull green gold stalks in a rock crystal vase by Fabergé. Acquired by Queen Mary for the Royal Collection in 1934.

shake with fear. There's a lot of thunder at RHS Garden Wisley and a lot of cucumbers and they've always remained rather stoic."

However, the 14th century manual was ahead of its time in some respects, declaring that combining the seeds of lettuce, radishes, nasturtium and colewort will result in a particularly tasty crop of greens.

"Isn't that amazing? They predicted the invention of bagged mixed salads by hundreds of years. What a brilliant idea! It's come full circle. We used to grow everything separately and now gardeners have come back to

sow these mixed salad packs and grow their own versions of the supermarket ones.

"Those plants would all grow happily in the same soil together. Radishes are a little bit hairy, but there are versions of radish that haven't got hairy leaves so perhaps the Tudors grew those. But they would all combine well together."

● **Painting Paradise: The Art of the Garden** is at The Queen's Gallery, Buckingham Palace from March 20 to October 11. Log onto www.royalcollection.org.uk for opening times and tickets.



A VIEW of Hampton Court by Leonard Kniff (1650-1722), purchased for the Royal Collection by King George VI in 1948 from Mr Humphrey Watts for £25.



DOUBLE page illustration from *Liber chronicarum*. A pictorial history of the Earth from the Creation to the 1490s, compiled by Dr Hartmann Schedel (1440-1514).

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WEEKLY
News

ISSUE 10

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Thursday, February 12th 2015



■ PRINCE Harry visiting NATO troops last year
Photo Tim Rooke/REX

Prince Harry faces his toughest test

LWN
ROYAL
SPECIAL

Inside London's new weekly



A day in the life of the Queen page 15

Westminster & Pimlico News (established 1857)

◆ Chelsea News (established 1857) ◆ Kensington News (established 1869)



Ol' Blue Eyes is back page 16

'A campaign which he considers to be a lifelong commitment'

THE wars of Iraq and Afghanistan are over, but for 75,000 British Servicemen and women they still continue every day – and now Prince Harry has taken on a new role to further his personal drive to ensure that we do not forget that.

The 75,000 are the number of Service personnel estimated by the Help For Heroes charity to have been left wounded, sick or psychologically harmed from serving in the two campaigns.

Predictably, the Ministry of Defence

By Geoff Baker

says that it “does not recognise these figures”.

But Prince Harry clearly does, which is why he has taken on a key new Army posting, joining the London District's Personnel Recovery Unit to ensure that the wounded, injured or sick are given all of the support they need to get back to duty or adapt to civilian life.

This is no mere desk job; it is, as Kensington Palace has revealed, a campaign which Harry considers to be a lifelong commitment.

For a lifetime is the tour now faced by the tens of thousands of men and women who have to battle on, trying to make a new start without a limb or with other physical and mental scars.

“We have to be there to support them, to be their friend, for as long as they need us,” says Bryn Parry, co-founder of Help For Heroes.

Presciently, Harry saw this need coming three years ago when he was given the Atlantic Council Award for his work helping wounded and damaged Servicemen and women recover and adjust.

■ **TURN to page 14**

THE paper serving ROYAL London

ROYAL LONDON

Help for Heroes launches a new campaign

Prince Harry supporting valuable work of Personnel Recovery Unit

■ FROM page 14

In accepting the honour on behalf of the injured – “this is for the guys, this is their award” – Harry predicted that this day would come.

“Sooner or later the coverage of them in the media will diminish or cease,” he said.

“They will no longer be at the forefront of our minds, but the injuries left from a bullet or an IED or from watching a colleague getting wounded or killed, these are experiences that will remain with

you for life.

“They have paid a terrible price to keep us safe and free. The very least we owe them is that they and their families have everything they need for the darkest days.

“We must be there for our Servicemen and women and their families, standing shoulder to shoulder with them always.”

● Now Help For Heroes has launched a new cam-

paign which Londoners can join to show their backing for the brave – Hero Ride 2015.

The Hero Ride will be a mass demonstration of support from cyclists from all over Britain who will take part in sponsored rides that will culminate in uniting in a massive show of solidarity at Windsor on June 21st.

Help For Heroes is hoping that up to 2,000 cyclists will join the Hero Ride, hopefully raising around £1 million for this most important of causes.

As there are more than 580,000 regular cyclists in London, the numbers of those prepared to take part and cycle alongside wounded heroes could swell considerably.

Riders from every corner of Britain will be taking part in the Hero Ride, some cycling 450 miles, some 30 miles. On June 21st all of the cyclists will rally in Old Windsor for a final 10-mile cycle to Windsor Racecourse for a mass BBQ.

To join Hero Ride 2015, go to www.help-forheroes.org.uk or phone 01725 514106.



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Case Study - Serjeant George Norton

Below is an excerpt from Ian Forsyth's photographic blog titled 'Strength of Mind' about his meeting Serjeant George Norton at Catterick Personnel Recovery Centre.

THE details of what happened to Serjeant George Norton, 31, are a blur for him.

The effects however are a daily reminder. His patrol was crossing an irrigation ditch in Helmand Province in December 2011 when they came under fire from a single insurgent. A bullet ricocheted off the ground and struck George in the side of the head, knocking him to the ground.

After that he vaguely remembers the initial treatment by members of his patrol to keep him alive while he lay there in the dirt, but his only real memory is waking up in Queen Elizabeth hospital Birmingham with his mother standing at the end of the bed.

The single bullet has left him with brain damage, completely deaf in his right ear, and weakness down his left side. His recovery mission is mammoth, and has tested the strength, resilience and bravery of both George and his family.

He has had to relearn cognitive skills, visual and auditory processing, and undergone speech therapy to allow him to talk again, whilst also having a cochlear implant and learnt to live with a blind spot in the top left of his vision. He suffers memory loss, and has to fight through the physical pain and mental barriers in his recovery.

He has fought the frustration and anger that comes from being injured and having to rely on others.

Stronger

Today, after a year of medical treatment and pure determination, George is working on his recovery at the Personnel Recovery Centre (PRC) in Catterick. The PRC is preparing him for leaving the Army. His medical rehabilitation will continue as and when required through appointments at civilian hospitals. But every day he gets better. Stronger. Better adapted to his own unique and hugely different situation.

As George makes the move into civilian life he hopes to work as a volunteer with BIRT the Brain Injury Rehabilitation Trust so that he can pass on his own very first hand experiences and knowledge to those who for one reason or another are undergoing treatment for various brain injuries themselves.

The time he has spent at the PRC in Catterick will give him some of the skills and knowledge to assist with a successful transition into civilian life. The courses at the PRC are available to all wounded injured and sick military personnel. The idea behind the courses are that they give the soldiers the best opportunity to deal with that major life and career changing events that come with leaving the Services.

As I met George over a few days at Catterick and chatted to him about his military career, the



■ SERJEANT George Norton on Ian Forsyth's photographic blog

events leading up to what happened to him, and what he hoped would be ahead for him it was indeed a testament to the medical skill of all those involved that today George is able to have a chance at doing some of the things he is now trying to achieve. From the staff at the PRC in Catterick for their dedication and commitment to their work to help him make as near full recovery as is possible and enter civilian life, to the specialist doctors and nurses who took care of him through each stage of this journey through the QE and Headley Court. There are also the physiotherapists who constantly worked with him to try and improve his physical strength, the medical personnel at Camp Bastion – the doctors, nurses and the RAF helicopter crew from the MERT – the Medical Emergency Response Teams – who flew in to evacuate him and of course to his mates who gave immediate first aid.

But ultimately it is a real testament to George and his family.

Suffering an injury like this must have destroyed his world and the journey he has been on to get where he is today, to put that world back together again, must have been a roller-coaster of emotions and challenges. A journey with more highs and lows, on so many levels, that we can only imagine.

To have the determination – the strength of mind – to keep going through that rehabilitation process must have been an incredible challenge and ultimately for George the greatest of personal achievements.

ROYAL LONDON

Who turns the lights out at the palace?

MANY dream of being Queen for a day, but would you really be up to it? As this revealing post from Her Majesty's own website (www.royal.gov.uk) reveals, the job is not for workshy. Even as The Queen, you could find yourself still at your desk when everyone else has gone to sleep. Here, for those who wonder what it's actually like to be the monarch, is A Day In The Life of The Queen.

A day in the life of The Queen

THE Queen's working day begins like many people's - at her desk. After scanning the daily British newspapers, The Queen reviews her correspondence.

Every day, 200-300 (and sometimes many more) letters from the public arrive. The Queen chooses a selection to read herself and tells members of her staff how she would like them to be answered.

This enables Her Majesty personally to see a typical cross-section of her daily correspondence. Virtually every letter is answered by staff in her Private Secretary's office or by a lady-in-waiting.

The Queen will then see, separately, two of her Private Secretaries with the daily quota of official papers and documents. This process takes upwards of an hour.

Every day of every year, wherever she is, The Queen receives from government ministers, and from her representatives in the Commonwealth and foreign countries, information in the form of policy papers, Cabinet documents, telegrams, letters and other State papers.

These are sent up to her by the Private Secretaries in the famous 'red boxes'. All of these papers have to be read and, where necessary, approved and signed.

A series of official meetings or 'audiences' will often follow. The Queen will see a number of important people.

These include overseas ambassadors and high commissioners, newly appointed British ambassadors, senior members of the British and Commonwealth Armed Forces on their appointment and retirement, and English bishops and judges on their appointment.

Each meeting usually lasts 10 to 20 minutes, and usually The Queen and her visitor meet alone.

The Queen may also meet a number of people who have won prizes or awards in a variety of fields such as literature or science, to present them individually with their prize.

If there is an Investiture - a ceremony for the presentation of honours and decorations - it begins at 11am and lasts just over an hour. The Queen usually meets around 100 people at each Investiture to present Orders, decorations and medals.

The Queen will often lunch privately. Every few months, she and The Duke of Edinburgh will invite a dozen guests from a wide variety of backgrounds to an informal lunch. Occasionally, the guest list may consist of far fewer people, such as a newly appointed or retiring Governor-General and their guest.

Public engagements

If The Queen is spending the morning on engagements away from her desk and other commitments, she will visit up to three venues before lunch, either alone or jointly with The Duke of Edinburgh.

On a regional visit, The Queen and The Duke of Edinburgh lunch with a wide variety of people in places ranging from town halls to hospitals.

In the afternoons, The Queen often goes out on public engagements.

Such visits require meticulous planning beforehand to meet the hosts' requirements.

And The Queen prepares for each visit by briefing herself on whom she will be meeting and what she will be seeing and doing.

Royal engagements are carefully selected by The Queen from a large number of invitations sent to her each year, often by the Lord-Lieutenants (The Queen's representatives in counties throughout the United Kingdom).

This helps to ensure the widest possible spread and to make effective use of The Queen's time.

If the engagement is outside London, her journeys are often by air using a helicopter or an RAF aircraft.

The Queen carries out around 430 engagements (including audiences) a year, to meet people, open events and buildings, unveil plaques and make speeches.



■ HM The Queen greeting guests at a Royal Garden Party

Such engagements can include visits to schools, hospitals, factories, military units, art galleries, sheltered accommodation for elderly people, hostels for the homeless, local community schemes in inner city areas, and other British and Commonwealth organisations.

The Queen regularly goes out for the whole day to a particular region or city. If the visit is a busy one, or if it lasts more than a day, then The Queen will travel overnight on the Royal Train.

The Duke of Edinburgh will often accompany The Queen on such visits; when this happens, they will carry out some engagements jointly and others separately to ensure that

the maximum number of people and organisations can be visited.

The Queen may end the afternoon seeing a number of Government ministers in a meeting of the Privy Council.

The Queen's working day does not stop at the end of the afternoon.

Early evening may see a meeting with the Prime Minister. The Queen has a weekly meeting alone with the Prime Minister, when they are both in London (in addition to other meetings throughout the year).

This usually takes place on Wednesdays at 6.30 pm. No written record is made of such meetings; neither The Queen nor the Prime Minister talk about what is discussed between them, as communications between

The Queen and the Prime Minister always remains confidential.

At about 7.30 pm a report of the day's parliamentary proceedings, written by one of the Government's Whips, arrives. The Queen always reads this the same evening.

On some evenings, The Queen may attend a film premiere, a variety of concert performances in aid of a charitable cause, or a reception linked to organisations of which she is Patron.

The Queen also regularly hosts official receptions at Buckingham Palace (usually with other members of the Royal Family), such as those for the Diplomatic Corps and The Queen's Award for Industry.

Her Majesty may also hold receptions ahead of overseas visits. In 2007, prior to attending the Commonwealth Heads of Government Meeting in Uganda, The Queen and The Duke of Edinburgh gave a reception at Buckingham Palace for Commonwealth Africans living and working in the United Kingdom.

Groups in the community

Other receptions mark the work of particular groups in the community, such as those recently given for members of the British design and music worlds.

The Queen has numerous private interests, which can coincide with her public work, to complete her working day.

Her Majesty also attends the Derby and the Summer Race Meeting at Ascot, a Royal occasion. As a keen owner and breeder of racehorses, she often sees her horses run at other meetings.

As owner of private estates at Balmoral and Sandringham, The Queen and The Duke of Edinburgh oversee the management of the estates which are run on a commercial basis. She takes a close interest in all aspects of estate life, particularly in the tenant farmers and employees who live and work on the estates.

Through her public and private work, The Queen is well-briefed and well-known. She has met many more people from all walks of life both in this country and overseas than her predecessors.

This takes time and effort. Often, one of the last lights on in the Palace at night is The Queen finishing her 'red box' of official papers.

For more fascinating facts about the Royal Family, go to www.royal.gov.uk

WHERE TO SEE YOUR FAVOURITE ROYAL

FULL details of future and recent events in the ever-busy diaries of the many members of The Royal Family are available from the official website www.royal.gov.uk but here's the London schedule for the week ahead for Where To See A Royal.

● Tuesday, February 10th

The Queen will give a reception at Buckingham Palace to celebrate the patronages and affiliations of the Earl and Countess of Wessex.

The Earl of Wessex, as trustee of the Duke of Edinburgh's International Award Foundation, will attend a meeting at St Matthew Street W1.

The Princess Royal, as Past Master of the Worshipful Company of Butchers, will attend the City Food Lecture at The Guildhall EC2.

The Duke Of Kent, as President of the Royal Institution of Great Britain, will attend the annual fellows' dinner at Albemarle Street W1.

● Wednesday February 11th

The Earl of Wessex, as Trustee of the Duke of Edinburgh's Award, will attend two gold award ceremonies at St James's Palace.

The Princess Royal, as President of the Animal Health Trust, will hold a fellowship reception at Buckingham Palace.

The Princess Royal, as Patron of the Wooden Spoon Society, will attend an Arctic Rugby Challenge reception at Churchill Place E14.

The Princess Royal, a Patron of Opportunity International UK, will attend a dinner at Buckingham Palace.

The Princess Royal, as Patron of the Special Forces Club, will visit Nightingale House SW12.

Princess Alexandra will attend the Richmond Views exhibition at Orleans House Gallery TW1.

● Thursday February 12th

The Princess Royal, as Chancellor of the University of Edinburgh, will attend a dinner in London [venue tbc].

The Princess Royal, as Warden of the Fishmongers' Company, will attend a committee of wardens meeting, a general court meeting and lunch at the Fishmongers' Hall, London Bridge.

The Princess Royal, as Royal Patron of the Motor Neurone Disease Association, will attend a reception at the British Medical Association, Tavistock Square WC1.

Princess Alexandra, as Royal Patron of Children and Families Across Borders, will attend the International Child Protection dinner at the residence of the Ambassador of Kuwait.

● Tuesday February 17th

The Queen will attend a reception at St James's Palace to mark the 80th anniversary of Diabetes UK.

The Duke Of Edinburgh, as Elder Brother and Past Master, together with the Princess Royal, as Master, will attend the Younger Brethren Guest Night at Trinity House, Tower Hill EC3.



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SHOWBIZ SPECIAL

Hi-tech Sinatra show at the London Palladium

ON the marker of Frank Sinatra's grave at the Desert Memorial Park in Cathedral City, California, it reads, "the best is yet to come".

Perhaps, as a concert experience, this best will be when Sinatra returns to the London Palladium in July for his centennial show.

Although the greatest singer who ever sang was buried in 1998 with a bottle of Jack Daniel's, a packet of Camel cigarettes and a Zippo lighter, he is to make a computerised comeback.

Sixty-five years after Frank chose the Palladium as the venue for his first concert in Europe, the Sinatra family has picked London's leading theatre for the launch of an entirely new Frank Sinatra experience which is tipped to bewitch and bedazzle his fans.

To mark that 65th anniversary and the great man's centenary year, his children are bringing to the Palladium a new show, 'Frank Sinatra, The Man and His Music'.

Everybody will be giving respectful nods to Frank this year, including Bob Dylan with his new album of beautiful Sinatra covers "Shadows In The Night", and the Sinatra family could have asked pretty much any star to front a tribute to their Dad.

But wisely, and ingeniously, the family has opted instead to push the limits of the latest technology to create a show in which Frank himself will be centre stage. By using 3D rotor-scope imagery and projections, Frank will appear onstage like a hologram.

When this high-tech is coupled with footage and images never before seen and combined with original masters of his voice, presented through modern and far better sound systems than Sinatra ever used in London, it is little wonder that this show is expected to become the hottest ticket in town and every performance in the July 17th to October 10th run will be a sell-out.

Family backing

It is little wonder either that this spectacularly-ambitious production is the only show for his centenary to have the Sinatra family's backing, not only as a great tribute to their father but also as a groundbreaking development in entertainment. It is not hard to imagine that other "techo-comebacks" will follow from this and that it won't be long before Yoko Ono is approached about harnessing the same effects for John Lennon.

The new Sinatra show will also include a full 24 piece orchestra and company of 20 dancers but other than that, it's all Frank.

"It's not a lookalike-soundalike show," said a spokeswoman for the eagerly-anticipated event, "Frank will be performing himself via roto-scope imagery and projections. It's the closest anyone will get to seeing Sinatra perform since his passing and it will be an iconic return for Sinatra to the Palladium and a celebration of the world's greatest entertainer."

"The show will take us from Sinatra's formative years through the rest of the 20th century and include rare interviews he gave throughout the decades. The story of Sinatra's life unfolds, told by the man himself, as well as his personal family photos and films."

Frank Sinatra Jr, who conducted the orchestra at



Ol' Blue Eyes is back!

Photo courtesy
Capitol Photo Archives

by Geoff Baker

many of his father's London concerts, is understandably enthusiastic about the pioneering production.

"One of the most exciting events we have planned for my father's centennial is this London show," he said.

"My father first played the Palladium in July 1950, so it is fitting that the show will debut in the historic venue, as London was one of his favourite cities in the entire world. We hope his many British fans will come and celebrate with us as the magic of Ol' Blue Eyes will soon be back in town."

Karl Sydow, the show's producer, added: "I'm delighted to be presenting the official stage production for the centenary year of Frank Sinatra's birth. The production will play the leading role in what I am sure will be a year full of tributes to Sinatra. Because this new production will take full advantage of the latest technology, it will bring the Sinatra magic into the theatre in a way that has never been seen before."

Now there is bound to be the odd critic who will whinge that it's not the same as seeing him in the flesh, but those who will make that point will be

missing another one – most of us are only familiar anyway with Sinatra through the medium of his screen images, his films, TV footage, concert recordings, only a handful of people still living in London ever got to hang out with him (the Duke of Edinburgh dined with him), so what's the difference for most of us seeing him again through that familiar medium, now greatly enhanced and developed?

Besides, and ignoring the misery guts brigade, the biggest point of this production is that it is fitting – because London was a special place in Frank Sinatra's heart, for it was here, back in 1950, where he was re-ignited after enduring a terrible time in America.

1950 did not start as a good year for Frank and he felt that his career had stalled. Movies had taken him away from singing live on stage and his recording future wasn't helped when Manie Sacks, his biggest ally at his home at Columbia Records, resigned and his replacements had difficulty finding the right songs for Sinatra.

Hollywood idol

More emotionally-debilitating, Frank – a married man with three children – had been secretly seduced by the legendary charms of Hollywood idol Ava Gardner and the pressure of new love causing a heart-aching break-up with his family was tearing him in two.

On top of that, he was also put under surveillance by the FBI on the order of its odious chief J. Edgar Hoover, who had suspicions about some of Sinatra's friends and associates.

To counter his feared slide, Sinatra went back to doing what he did best and returned to the concert stage for the first time in two years. Any worries that he had of his continuing appeal must have been abated by the reaction – tickets for his first two shows in Hartford, Connecticut, were his biggest box office ever, at today's prices \$176,000.

But just as his re-emergence seemed assured, disaster struck and he lost his voice. Worse, as he had badly damaged his vocal chords with his characteristic all-out performing, he was coughing up blood and his concerts had to be cancelled.

Then disaster struck big time – the US press discovered his affair with Ava Gardner and the family man was crucified for it as the newspapers went into an overdrive of assassinating bad publicity; American's golden boy overnight became its new public enemy. Matters got worse after MGM cancelled his

movie contract, his relationship with his agents MCA went rapidly downhill, his records weren't selling and his radio contract was not renewed.

To escape the maelstrom Sinatra headed for London, where he had never performed before. But he did not know if playing away from home – in both senses, as Ava Gardner came to London too – would be a success or whether the British fans would follow the American backlash.

At 7.30 pm on July 10th 1950, when the lights went down at the Palladium for his first-ever British show, the response was immediate and overwhelming – the standing room-only audience went berserk.

Sipping tea on the stage, Sinatra performed a set of 14 songs, optimistically opening with "When You're Smiling".

The massive crowd of more than 3,000 – way over the Palladium's fire limit – smiled, grinned, wept, cheered and screamed in standing ovation all the way through hits that included Bewitched, Bothered and Bewildered, I've Got A Crush On You, My Foolish Heart, Embraceable You, Nancy With The Smiling Face as he worked towards his triumphant closer, Bye Bye Baby.

The Palladium went mad that night, reports said nothing like the reaction, especially the screaming, had been witnessed in London before.

So crazed was the Sinatramania that when he left the Palladium after the opening night he was lucky not to end up in hospital, as huge crowds of fans mobbed him, feverishly trying to tear off his clothes and, as two redheads fought each other for his tie, very nearly strangling him.

Frank was back and when America learned of the near-riots at the Palladium, the rebirth of Sinatra began. Within little time afterwards he was to land his first TV series, to win an Oscar for his role in From Here To Eternity and, most significantly, signed a new deal with Capitol Records which was to bring about the greatest triumphs of a career which then after never faltered until his death on May 14th, 1998.

The night after Frank Sinatra died aged 82, the lights on the Empire State Building in New York were turned blue in tribute to the loss of the world's greatest entertainer. It will be interesting to see if the lights at the Palladium do the same in July to mark this, indubitably the best comeback of the year.

● *Sinatra, The Man And His Music at The London Palladium. July 17th-Oct 10th. Tickets www.SinatraOnStage.com*

Live from the London Palladium ...

BACK in the days before mass entertainment consisted of the 'reality' of ex-newsreaders and other faded stars putting insects down their pants in a jungle for six-figure fees, there was another TV show that excited the nation – Sunday Night At The London Palladium.

The main difference between it and its contemporary alternatives was its essential showbizzy-ness. As the post-war venue for stars including Frank Sinatra, Bing Crosby and Judy Garland, The Palladium was proud of its legend as London's most famous theatre and did not do reality.

For its Sunday night shows, watched by 20 million viewers, acts would include The Beatles, Bob Hope, the Stones, Liberace and Sammy Davis Jr. Hosts of the show included a young Bruce Forsyth and it was a showbiz parade.

Now the glitter of those days is revisited in a new history of the theatre, 'Live From The London Palladium' by NBC TV showbiz reporter and chat show host Neil Sean.

Neil has long been fascinated by the theatre and the hold it exerts over so many performers.

Over his years in show business he has interviewed and chatted with a staggering number of stars of stage and screen and in this book he spills the beans, bringing backstage stories to life with plenty of glitz and glamour. He also explores the effect that the London Palladium has had on the world of entertainment and the glory that surrounds that singular honour – having your name in lights above the most famous theatre in the world.

His book, Live from the London Palladium, brings together interviews from stars such as Andrew Lloyd Webber, Judy Garland, Barry Manilow, Tommy Steele, Lulu and Joan Rivers.

● **ON Wednesday February 25th, Hatchards Bookshop in Piccadilly, London, will be hosting 'An Evening with Neil Sean', an opportunity to listen to a talk by the author and get a copy of the book signed. Further details about the event at www.hatchards.co.uk/hatchards-calendar/live-london-palladium-evening-neil-sean/.**

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WINE & DINE

The food and
drink page for
West London

Hom, sweet Hom, for Ken

KEN Hom is in London to celebrate Chinese New Year on February 19th.

And when he visits the UK, there's one souvenir he insists on stocking up on.

"They make the best Chinese sausages here. That's what I'm carrying in my luggage," the chef says over green tea in the ultra-plush Dorchester Hotel in London, his base when he's in the UK capital.

"I get them in London's Chinatown. They're wind-dried sausages and I cook slices of them in rice, finished off with a fried egg. It's like my mum's cooking."

The hugely successful cookery star has travelled the world with his work (and also has homes in Paris and the South of France), but it's clear he hasn't forgotten his roots.

Born in Arizona and raised in Chicago by his mother Ying Fong, a Chinese factory worker (Hom's father died when he was a baby), he grew up "within a Chinese cocoon".

"I definitely consider myself Chinese more than American. I didn't speak English until I was six, and I lived in Chinatown until I was 20," the softly-spoken chef says.

Hom began working at his uncle's restaurant aged 11, and taught cookery before kick-starting his TV career - and introducing many people to Chinese food for the first time - with the 1984 BBC show Ken Hom's Chinese Cookery.

Along with his presenting career, there have been numerous cookbooks, a wok and accessory range, high-profile consultancy work and a ready meal collaboration with Tesco.

The busy 65-year-old - who was successfully treated for prostate cancer in 2010 - will be taking a break, however, to celebrate Chinese New Year in the capital.

"I've been coming to the UK for almost 30 years to celebrate it. I usually have a Chinese New Year party and I go and eat with lots of friends," he says. "It's an ex-



cuse to eat and have a good time."

Hom's top dishes for the festivities include fish ("it's de rigueur because fish means prosperity"), noodles ("they mean long life"), chicken and duck.

When he's hosting his own dinner parties, he keeps things simple.

"I usually make no more than two dishes, and I have lots of wine and champagne. That's the secret!" he adds with a glint in his eye.

"When people are planning for a dinner party, they make complicated things, they get all stressed out. I say never make a dish you've never made before. Make a tried and true dish you know you can do."

It's seems unlikely that this calm and measured chef has ever found himself in a flap in the kitchen.

"I'm relaxed all the time," he admits, smiling. "I'm not working; I'm cooking."

I find it quite relaxing. I have a big kitchen and a table that seats 14 people, and nothing's more pleasurable to cook for than a group of friends. Food is a uniting force."

Want to try one of Hom's recipes to celebrate the Year of the Sheep? Impress your friends with...

● CRACKLING CHINESE ROAST PORK

(Serves 4-6)

1.5kg Boneless pork belly, with rind

For the marinade:

2tbsp coarse sea salt

1tbsp ground roasted Sichuan peppercorns

2tsp five spice powder

1tsp freshly ground black pepper

2tsp sugar

Pierce the rind side of pork with a sharp fork or knife until the skin is covered with fine holes.

Insert a meat hook into the meat to secure it.

Bring a pot of water to a boil, and using a large ladle, pour the hot water over the rind side of the pork several times. Set the pork belly aside.

Heat a wok until it is hot, then add the salt, peppercorns, five spice powder, pepper and sugar and

stir-fry the mixture for three minutes until it is hot and well mixed. Allow the mixture to cool slightly.

When it is warm enough to handle, rub this mixture onto the flesh side of the pork.

Hang the meat to dry for eight hours or overnight in a cool place or in front of a fan.

Pre-heat the oven to gas mark 6/400F/200C. Place the pork on a rack, rind side up over a tray of water. Roast for 15 minutes.

Then reduce the heat to gas mark 4/350F/180C and continue to roast for two hours. Then turn up to gas mark 8/450F/230C for 15 minutes.

Remove and allow the pork to cool. Then carve it into bite-size pieces, arrange on a platter, and serve.



Serves 4-6

MARK HIX'S RECIPE OF THE WEEK

CURRIED CAULIFLOWER SOUP

A CREAMY cauliflower soup makes a great winter warmer and the addition of a few Indian spices gives it a real kick, too. You can add your own favourite curry spices to this or simply use a good curry powder.

1 medium onion, roughly chopped

The white of 1 medium leek, roughly chopped and washed

2-3 good knobs of butter

1 small- to medium-sized cauliflower, roughly chopped, with the dark outer leaves and stems

1ltr vegetable stock (a good cube will do)

500ml milk

Salt and freshly ground white pepper

For the curry cream

½tbsp vegetable or corn oil

1 large shallot, peeled, halved and finely chopped

1 small red chilli, finely chopped

½tsp ground cumin

½tsp cumin seeds

1/3tsp turmeric

½tsp ground fenugreek

½tsp black mustard seeds

2tbsp crème fraîche or yoghurt

Melt the butter in a heavy-based saucepan and with the lid on gently cook the onion and leek, without colouring, for 2-3 minutes, until they are soft. Add the cauliflower, stock and milk. Season, bring to the boil and simmer for 35 minutes, or until the cauliflower is soft. Blend in a liquidiser until smooth and strain through a fine-meshed sieve; season again if necessary. Meanwhile, heat the oil in a pan and cook the shallot and spices on a very low heat for 2-3 minutes, stirring every so often so they don't burn. Transfer to a small bowl to cool. Once cool, stir in the yoghurt or crème fraîche. Serve the soup in warm bowls with the curry cream spooned on top.



Why we love a Valentine



CHOCOLATE hearts, truffles galore and heart-shaped boxes of chocolates—these are the symbols of Valentine's Day for many lovers around the world.

But why do we give "sweets to the sweet" every February 14th? While the roots of Valentine's Day go back to Roman times, chocolate gift giving is a much more recent development.

Is it because of chocolate's reputed aphrodisiac qualities, or just a way for companies to sell more sweets in the lull between Christmas and Easter? Whatever the reason, those ubiquitous little red boxes flood shelves every year.

By the 1840s, the notion of Valentine's Day to celebrate romantic love had taken over most of the English-speaking world. It was

Cupid's golden age - the prudish Victorians adored the notion of courtly love and showered each other with elaborate cards and gifts.

Into this love-crazed fray step forward Richard Cadbury, scion of the British chocolate manufacturing family and responsible for sales at a crucial point in his company's history.

Cadbury had recently improved its chocolate making technique so as to extract pure cocoa butter from whole beans, producing a more palatable drinking chocolate than most Britons had ever tasted. This

process resulted in an excess amount of cocoa butter, which Cadbury used to produce many more varieties of what was then called "eating chocolate." Richard recognised a great marketing opportunity for the new chocolates and started selling them in beautifully decorated boxes that he designed himself.

From that point, it was a quick jump to taking the familiar images of Cupids and roses and putting them on heart-shaped boxes. While Richard Cadbury didn't actually patent the heart-shaped box, it's widely believed that he was the first to produce one.



Capital's population hits an all-time high

LONDON Mayor Boris Johnson has hinted that Crossrail 3 may be needed to keep the capital moving as London's population is expected to soar by 2.4 million within our children's lifetime.

The capital is now home to more people than at any time in its history.

More than 8.6 million people are now living in London with the latest projections estimating that the city will be home to 11 million people by 2050.

However, older residents will have seen such a population boom before – according to records, London is now at its biggest by only 200 more people on its previous high.

Records for 1939 estimated that 8,615,050 people were living in London. The 2015 figure is 8,615,246.

But existing public transport is unlikely to cope not only with a rising resident population but also with the huge growth in the numbers of visitors – now at a record 16.3 million a year – and the Mayor is calling for more Government money for the capital, more bridges across the Thames and the building of an inner-city road tunnel.

He also wants the building of 600 new schools and colleges.

To manage this growth sustainably, the Mayor has been consulting widely on his London 2050 Infrastructure Plan – the first ever attempt to set out the full range of infrastructure requirements over the next half century.

Transport is the biggest focus of the infrastructure plan, and officials have said £973bn of spending is needed on

transport alone to keep up with the rising population and number of people working in the capital.

Crossrail 3, backed by former Mayor Ken Livingstone, would include a four-kilometre underground section in new tunnels connecting Euston and Waterloo, connecting the West Coast Main Line corridor with services to the south.

"With demand for public transport forecast to increase by 50 per cent, Crossrail 2 must be approved and further Crossrail projects may be required," said the Mayor's Office.

Numerous sites

Mr Johnson has also set ambitious housing targets that aim to double the number of new homes built and has identified numerous sites across the capital that are each ripe for thousands of new homes and jobs.

In this financial year, more affordable homes are expected to be built than in any other year since 1981.

"In the meantime, the Mayor continues to campaign – alongside the UK's other large cities – for devolved property taxes, which would provide London government a secure income to help fund the infrastructure required for the capital's growth," said the Mayor's Office.

Latest population figures reveal:

- London's population has increased by almost two million people in the last 25 years.
- Hillingdon is the borough that has seen the most growth since 1939, increasing from 159,000 people to an es-

timated 289,000 in 2015 – a jump of 82 per cent

- Islington is the borough that has seen the biggest reduction in population, falling from 343,000 residents in 1939 to 221,000 in 2015 – a fall of 36 per cent

- Barnet is set to overtake Croydon to become the city's most populous borough in the coming months. Both are set to be home to nearly 400,000 people.

- Just over 3.8 million of London's 8.6 million residents (44 per cent) are of a black and minority ethnicity origin.

- It is estimated that by 2038, 50 per cent of London's population will be of a black and minority ethnicity origin.

- In 1939 the life expectancy of a Londoner was 62. Now it is 82.

- Between 1939 and 1991, London lost one quarter of its population (2.2 million people) – or the equivalent of two Birmingham.

"The London Infrastructure Plan sets out detailed descriptions of how the challenges facing London might be met. They include:

- Plans to improve transportation by maximising and extending Tube services. With demand for public transport is forecast to increase by 50 per cent, Crossrail 2 must be approved and further Crossrail projects may be required. Working with Network Rail, there is also huge opportunity to double capacity on the capital's rail network. A series of new river crossings are needed and an inner orbital road tunnel should be built.
- Green infrastructure needs to become considered as much a part of the city's vital systems as our other utilities. An extra 9000ha of accessible green space needs to be provided in both traditional and new ways.
- With Broadband now considered the fourth utility the Mayor wants to see greater action taken to raise the UK and London's connectivity to world-class levels.

- With energy demands at risk of outstripping supply and key developments such as those at Nine Elms at risk of delay as a result, the Mayor argues a strong long term plan to use energy more efficiently and bring in new capacity where we can is vital.
- With an increasing school age population more than 600 new schools and colleges need to be provided.
- A more integrated approach to water management would help deal with demand for water which is predicted to exceed supply from as early as 2016.
- The Infrastructure plan also outlines plans to deal with waste by moving to a circular economy where goods are designed to be remanufactured, reused and recycled."

The London Infrastructure Plan can be accessed at www.london.gov.uk/priorities/business-economy/vision-and-strategy.

Piano man's concerto to debut at charity gala

by Jack Dixon

A LONDON businessman and amateur pianist who underwent a lifesaving operation after being diagnosed with prostate cancer, will be in the audience to see the long-awaited premiere of his own composition at one of the capital's most prestigious concert halls.

Adrian Goldsmith, chairman of the property investment business Prestige Holdings, will see his unique piece performed at the Cadogan Hall this spring, just a few years after taking up the piano from scratch.

After undergoing surgery for prostate cancer, Mr Goldsmith set himself the challenge of reaching concert standard within six years, working regularly with a personal tutor to perfect the skill.

Having completed the feat in 2013 by appearing on stage for the first time at the Landdowne Club, Mr Goldsmith is now preparing to go one better, and has finally completed a composition of his own to be performed by skilled pianist Evelina Puzaite at a charity event in Sloane Square in April.

The gala evening has been organised with the support of a number of other businesses and organisations, with proceeds going to the Prostate Cancer UK charity to continue its fight against an illness often referred to as "the neglected killer".

"Traditionally, men have avoided talking about prostate cancer – and some of them have died because of it", said Mr Goldsmith.

"One major thing the charity and its supporters have done is to challenge those perceptions and raise awareness about its severity.

"Two people can have the same symptoms and, while one can die within a month, another can live for 10 years. All the money we raise from this event is going towards finding out what causes those various effects and changes in different people."

Mr Goldsmith was operated on by Professor Roger Kirby – one of the world's leading surgeons – after being diagnosed with prostate cancer in 2004.

And after recovering from the surgery and giving up his time to support the charity in various other ways, he decided to take up the piano, classical music being one of his great passions in life.



CONCERT STANDARD PIANIST: Adrian Goldsmith will be his new concerto premiered at charity gala

"Those were fairly dark times", he said. "Prostate cancer is black and white – you either live or you die. And I remember the professor saying to me, if you had left it a couple of months longer there would have been nothing we could have done for you.

"During that time I wanted to find something to look forward to and to challenge me. It could have been anything, but I have always had a passion for the piano and marvelled at all the greats, despite never learning to play."

Mr Goldsmith studied under an expert teacher, who took him on back in 2006. And within a few years, he was already working on his own composition, writing out notes in longhand, which were later converted into legible sheet music.

He added: "I had an excellent teacher who bravely took me on as a complete beginner. She saw my passion to get better from a standing start.

"My composition is very experimen-

tal. Avid listeners may be able to pick out the influence of Brahms here or Rachmaninoff there, but as a whole I don't think they will be able to pin it down. It follows no particular style.

"It is very much my original idea and I am very proud of certain bits of it."

The gala event promises to be a unique evening of entertainment, with three concert pianists also performing classic concertos alongside the premier of Mr Goldsmith's own 'Fantasy for Piano and Orchestra'.

Tickets are available for the event, which takes place on Thursday April 9th from 7pm at the Cadogan Hall in Sloane Square.

For more information, visit www.cadoganhall.com/event/charity-piano-concerto-concert-150409 or the event's dedicated Facebook page www.facebook.com/Pianoforprostate

Paramedic assaulted twice in two days

A FULHAM lifesaver was assaulted twice in two days by two patients she was called to treat in West London.

Catherine Maynard, a Fulham paramedic with the London Ambulance Service, and her colleague were called to reports of a person unwell on Harrow Road, near Wembley on Friday 16 January.

James Macky, 50, of Quainton Street spat and swore at the crew before assaulting them and wedging himself underneath the ambulance. Police officers managed to get him out and he was arrested.

He pleaded guilty to five charges of assault and criminal damage and was sentenced to 28 weeks in prison at Hendon Magistrates Court on 19 January.

But not even a day after the first attack, the next day Catherine and her colleague were assaulted again on a call near Cromwell Hospital in Kensington.

When they arrived, the patient they were treating became very volatile and seemed very agitated.

Catherine said: "We were in the back of the ambulance and the man tried to push me out the doors onto the A4.

"He threw our equipment across the floor and headbutted my male colleague in the chest. Thankfully we managed to subdue him before police arrived.



PARAMEDIC Catherine Maynard

"I'd only been assaulted once in five years and then I'm assaulted twice in one weekend. It's frustrating that we are sympathetic to so many people, and then we're treated like this."

Director of Operations, Jason Kilens, said: "Attacking my ambulance crews as they go about saving lives in the capital will not be tolerated under any circumstances.

"Medics are already under a great deal of pressure. It is completely unacceptable that they should also face the risk of assault when they go to assist members of the public."

- In 2014, there were 415 reported cases of physical assault and 632 reported cases of verbal assault against London Ambulance Service staff



TALK OF THE TOWN

MUSIC ★ THEATRE ★ PUBS

*The entertainment scene
in West London*

Brucie returns to his spiritual home

FOR one night only, audiences can witness the celebrated performer Bruce Forsyth as he takes to the stage of the London Palladium with his one-man show **Bruce Forsyth Entertains. Alongside Dave Arch – the musical director of Strictly Come Dancing – and a host of talented musicians, he will entertain audiences in the way that he does best!**



Returning to the London Palladium, where the star was one of the hosts of **Sunday Night At The London Palladium** in the 1950s and 1960s, Forsyth will include comedy in his routine, along with some stand-out song and dance numbers that will put a smile on everyone's face.

Bruce Forsyth Entertains Live at the Palladium appears for one night on Sunday May 10th at the London Palladium – currently the home of Cats.

On the hops in the capital

by Geoff Baker

NOW that January's Dryathon is over, what better way to celebrate than at London Beer Week?

From Monday February 16th, pubs and bars all over town will be pulling and pouring some of the best pints around as for the third year London hits the hops.

Some of us are sworn fans of Fullers ESB and others have a fond memory for the old Ramrod & Special that Young's made to wreck many an afternoon's concentration, but whether it be the brews of the major or the micro breweries the organisers are promising a drop to suit every taste – although you might want to take it easy on that third pint of Brewmeister's Snake Venom, seeing as its strength is 67.5 proof.

Yes, not a typo, 67.5 proof – stronger than Scotch.

Beer has been brewed in London since the Romans first knocked it up in 54BC – although the Celts may have been knocking it back, using clover and without hops, as far back as 3000BC. And give or take the occasional disaster like the London Beer Flood of 1814 – when barrels burst at Tottenham Court Road and 2,584,000 pints spilled out, drowning eight people, it has been a fun time ever since.

From the same team behind the successful London Cocktail Week, now in its sixth year, and London Wine Week, which had a much-lauded launch in 2014, London Beer Week is set to keep the capital calling for another round until February 22nd.

Completing the line-up of festivals celebrating London's thriving hospitality and drinks scene, London Beer Week is also teaming up with the beer-loving chaps at Craft Beer Rising. Working together, the two teams promise "to bring London seven days of beer, cider, stout and ale-filled fun".

London Beer Week has partnered with the city's best bars and restaurants, including favourites such as The Draft House, The Craft Beer Co, Whyte and Brown, Hops & Glory, Well and Bucket and Ask for Janice. There will be more than 100 venues where wristband wearers will be offered £3 speciality beers and £5 Woodford Reserve boilermakers (AKA a beer and a bourbon) all week long.

Located in The Newburgh Quarter just off Carnaby Street, the central London wristband collection hub will be the home of the festival.

In this pop-up beer bar, you will be able to brew, collect and buy wristbands and pick up the London Beer Week guide book with all the bars laid out onto handy maps.

Over in the East London wristband collection hub in Truman Brewery's Corbett Place,

Award-winning Cornish brewer, Sharp's Brewery, will be offering VIP food and beer pairing sessions inside its exclusive 'crate'.

If you can't get to the hubs, watch out for Guinness, who will have 'The Brewers Project' vans hitting the streets of London in the form of Roaming Wristband Hubs. The vans will pop up at different locations throughout the week, loaded with wristbands, guidebooks, maps and samples of two new brews from the black stuff – Guinness Dublin Porter and Guinness West Indies Porter.

Organisers say that as usual, the week will be jam-packed with events and to expect pop-ups, launches, tastings, supper clubs, brewery tours, masterclasses and offers across town.

The biggest-yet Craft Beer Rising will end the week on a high, taking place from Thursday through till Sunday. The CBR team are back at the Truman Brewery with an extended run, more brewers, live music, street food and a full line-up of beer industry celebs taking to the stage to talk all things beer.

To be involved you need a wristband, on sale now for just £10. For all details, www.londonbeerweek.com or on Twitter @LDNBeerWeek, #LBW15 and @Carnaby-London, #Carnaby



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TALK OF THE TOWN ★ *The entertainment scene in West London*

The genius behind that Sgt Pepper cover

by Geoff Baker

AT the current count the more than 32 million music fans who bought the record have a great deal to thank Robert Fraser for; not only was he the visual genius behind the look of the rock's most influential album, but by standing his ground he saved The Beatles from appearing 'uh-uh' in their greatest hour.

As a new exhibition celebrating the importance of Fraser opens at the Pace gallery, curated by his friend the architectural artist Brian Clarke, the full story can be told of how Sgt Pepper's Lonely Hearts Club Band was stopped from looking too spaced out.

At its launch in 1967, it was not just the music of Sgt Pepper that changed the world, it was the look of the album too. Not only had nobody ever heard music like this before, they had not seen a record like it either, as the sleeve was an artwork in itself.

But it could have looked completely different. Fraser, the Etonian Grenadier Guardsman who became the art dealer to the Beatles and the Stones, was appointed art director of the album by Paul McCartney. It was Fraser who suggested that Peter Blake create the iconic front cover and Fraser who suggested that Vogue photographer Michael Cooper took the shots.

At the time, his opinion carried great weight. As the host of the most exclusive Sixties salon in London, Fraser not only regularly entertained his friends the Beatles and the Stones, but also all of the 'happening' art crowd of the decade, including Andy Warhol, Francis Bacon and the new wave Italian filmmaker Michelangelo Antonioni, who captured Swinging London with all of its fizz, free love and drug indulgence in his movie Blow Up.

It was also Fraser who made a stand against The Beatles when it came to plans for the now-legendary Sgt Pepper centrefold.

The Beatles had hired The Fool, a group of Dutch hippie artists, to create the spread for album sleeve.

They painted a psychedelic dream landscape of birds and mountain peaks with a rainbow sky filled with stars and comets and a flower border in which tiny figures of the Beatles poked out from behind the flowers and next to a peacock.

Not good art

The Beatles loved it, but Fraser told Paul McCartney: "Uh-uh, it's no good. It's not good art."

Arguing with The Beatles was not the world's easiest job, especially when they dug their heels in. Paul McCartney told Fraser it was their record, not his, they liked the painting and it was staying as the centrefold whether he liked it or not.

"But he refused to allow it," Sir Paul later recalled, "Which was very ballsy because he actually didn't have the right."

The band argued with Fraser for days over the artwork and they only gave in after they saw the results of his suggested alternative, the centrefold photograph of them all in their satin bandsman's uniforms, piercing the record-buyer with their intensely-staring eyes.

The Sgt Pepper album sleeve became – and remains – iconic, although Fraser's work, or at least his costing of it, shocked The Beatles' record label, EMI, who were sent the bill.

EMI was used to paying around £75 [£11,187 at today's prices] for album artwork. Fraser, who rarely had money despite owning a gallery in Duke Street and a large flat in Mayfair's Mount Street,



■ THE iconic photograph that became the centrefold of the Sgt Pepper's Lonely Hearts Club Band album. Art director Robert Fraser refused to use a painting of a psychedelic dream landscape that the Beatles wanted

stung EMI £1,367 [the current equivalent of £23,756] for the benefit of his nous, of which just £200 [£3,167 today] went to Blake.

One of the reasons for Fraser's lack of money was his long-term heroin habit and this was to be his undoing when he was part of the group which included Mick Jagger, Keith Richards and Marianne Faithful who were busted at the infamous police drugs raid on Richards' home near Chichester in 1967. Although both Stones were sent down and then immediately released following an outcry, Fraser did six months hard labour.

Although his addiction grew greater after his release, affecting his business and leading to the closure of a gallery, consultations of his acute eye continued and culminated in him influencing one of the great logos of pop culture, the green apple that The Beatles took as the symbol of their own record label when they formed Apples Records.

Having helped Paul McCartney expand his collection of Magrittes, Fraser arrived at the Beatle's St John's Wood home with a new painting by the Belgian surrealist and, as Paul was out in the garden, left it on a table in his living room and went. Paul came in from filming his protégée Mary Hopkin in the garden, took one look and another of The Beatles' great images was born.

"Robert's contribution to the British art scene is unique. He had a cult, legendary status and his name was known," says Brian Clarke, who has created the exhibition at Pace, Burlington Gardens, of artists who were promoted at brought to fame at the Robert Fraser Gallery.

The Fraser exhibition runs until March 28th, more or less concurrently with another Pace exhibition, at Lexington Street, of the work of Clarke himself.

Although Brian Clarke is an artist, rather than a dealer, and one renowned throughout the world for his stunning architectural work in stained glass, in many ways he is something of the new Robert Fraser. Like Fraser, whom he first met in 1978 when they were introduced by Malcolm McLaren, Clarke's salon is legendary and includes anyone who is anyone in art and his close friends include both Paul McCartney and Mick Jagger.

And like Fraser, Clarke's influence on modern art is massive. He is visiting Professor of Architecture Art at UCL, Honorary Fellow of the Royal Institute of British Architects, Fellow of the Royal Society of Arts, chairman of the Architecture Foundation, and is sole executor of the estate of Francis Bacon. He has had more than 50 major exhibitions everywhere from New York, Paris and Munich to Tokyo and New Delhi and the guest list

when his exhibition, Spitfires and Primroses, opens at Pace on February 13th [until March 21st] is expected to be very shiny.

● Robert Fraser Exhibition, Pace 6 Burlington Gardens W1S 3ET, until March 28th

● Brian Clarke Exhibition, Pace 6 Lexington Street W1F 0LB, Feb 13th-March 21st.

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0597

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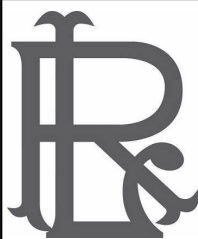
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Head Teacher: Mr J Conway

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- You will need to have a good telephone manner and be able to deal sensitively with a range of students, parents and outside agencies. You also will need excellent IT and interpersonal skills. Previous school office experience using SIMS (our management information software) would be an advantage, but is not essential. Other necessary qualities include confidentiality, efficiency, willingness to undertake First Aid duties, being able to work on your own initiative and under pressure and a willingness to contribute to the continued improvement of our school.
- The post is for 35 hours per week (term-time only plus two weeks during school holidays) and the hours of work will be 7.30 am to 3.30 pm with a one hour break, Monday to Friday.

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Application forms and further details for all three posts are available on our school website (see above for details) or by contacting Mrs Valerie Avenell, the Headteacher's PA. Completed applications should be returned to **Mrs Avenell by Monday, 23rd February 2015.** Interviews are expected to take place on the week beginning **Monday, 2nd March 2015.**

La Retraite School is committed to safer recruitment and is an Equal Opportunities Employer.

Successful candidates will be asked to apply for an Enhanced Disclosure from the Disclosure & Barring Service.

Further information about the disclosure can be found at <https://www.gov.uk/disclosure-barring-service-check/overview>



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Pre-school Manager

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 - A love of the outdoors and commitment to the importance of re-connecting with nature for children
 - NVQ 3 in Childcare and Education or equivalent as a minimum
 - Excellent knowledge of the EYFS
 - An understanding of what good and outstanding teaching looks like
- Hours per week: 35 hours / 40 weeks per year (term time only)
Salary: £11.06 per hour / £17,352.65 per year (inclusive of holiday pay)

Reference: LPM

Pre-school Deputy

The successful candidate will have:

- The ability to deliver results, high standards and to influence good practice through their own example
 - A love of the outdoors and nature and the benefits it offers to children
 - The ability to lead staff and the session in the Managers absence
 - NVQ3 in Childcare and Education or equivalent
 - Good knowledge of the EYFS
- Hours per week: 35 hours / 38 weeks per year (term time only)
Salary: £8.93 per hour / £13,331.87 per year (inclusive of holiday pay)

Reference: LPD

Closing Date: 23rd February 2015 Interview Date: 2nd & 3rd March 2015

Please note that all positions require a DBS check

To request an application form either email: ann.raggett@pre-school.org.uk or call 020 8695 5955 ext 203

Please quote reference number



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Experience of working in a school setting and a good knowledge of educational issues are desirable but not essential. Excellent ICT skills are however essential, particularly the use of Excel as is the ability to pick up new systems quickly and be able to communicate complex data effectively.

Further information and an application pack is available from the school's website:

www.chestnutgrove.wandsworth.sch.uk or by contacting Sheila Payen on 0208 673 8737

CLOSING DATE: Monday 23rd February, 2015 at noon

ALL POSTS SUBJECT TO DBS CHECKS

Chestnut Grove is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.

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LONDON WEEKLY NEWS

sport

Austin relief

IT was the best news QPR have had since gaining promotion last May, when it was confirmed that leading goalscorer Charlie Austin has not broken his right foot.

Austin, who has scored more than half of R's 24 Premier League goals this season, limped away from Loftus Road on crutches and wearing a protective boot after Saturday's agonising last-gasp 1-0 home defeat by Southampton.

But to the massive relief of everyone associated with the club, a scan revealed only heavy bruising.

Austin was expected to miss Tuesday's (Feb 10) trip to Sunderland but will hopefully be back to lead the attack for the visit to fellow strugglers Hull City, who sit just one point above them, on February 21.

Losing 13-goal Austin would surely have

sounded the death knell for R's fading survival hopes. QPR have become far too reliant upon their top marksman and to lose him at such a critical stage of the season would have been catastrophic – much worse than having to do without Richard Dunne, who will miss the rest of the campaign due to a medial ligament injury, and Nedum Onuoha, who could be sidelined for a few weeks with a hamstring strain.

The 11-day break between their trips to Sunderland and Hull will give QPR's owners extra time to ponder how they go about replacing Harry Redknapp, who on Tuesday of last week announced his sudden resignation citing health reasons, with his team just one place off the bottom of the table and the transfer window slamming shut without any new signings.

The frustration was etched across Redknapp's furrowed brow as he gave his



LOFTUS ROAD RANGERS REVIEW With Tony McDonald

customary interview to Sky Sports News as darkness fell and the clock ticked towards the end of deadline day with no newcomers to report.

The long and lonely drive from Shepherd's Bush to his palatial home on the Dorset coast must have seemed like an eternity. At 5.30 the next morning, he phoned QPR owner Tony Fernandes to announce that he had quit.

Would he really have pulled the plug if any of the three strikers he had wanted to re-sign, Jermain Defoe, Peter Crouch or Emmanuel Adebayor (who all played for him in his time at Spurs), were now playing with Charlie Austin in W12?

Redknapp continues to insist that this is an enforced break from management because his knees have become too painful and are preventing him from doing his job to the best of his ability. He says he needs to undergo further surgery to have both knees replaced and that it has nothing to do with R's failed late attempt to lure Adebayor to Loftus Road on a short-term loan from Tottenham.

Being rebuffed by Adebayor, who had an eleventh hour move to West Ham blocked by Spurs chairman Daniel Levy, may yet prove a blessing in disguise. While the 30-year-old has produced moments of brilliance at every club he has been at, he doesn't strike you as a man who would run through brick walls in a relegation fight.

Redknapp said: "I know what people

think – that I've been sacked, or stormed off because we couldn't get the players in.

"I was totally honest with Tony. I told him he needed someone who could commit to every aspect of the job in the next 10 weeks, and that's not me. I still don't think I'm finished with football. When I've had the operations, I'll be looking for work again, I know that. I can't imagine my life without it. But right now, I've got to make my health the priority.

"I can't even walk the dogs. I stand watching the team play, and I'm struggling. It's reached a point where I can't ignore it any longer. It's not a decision I would take lightly.

Redknapp's long-time friend and assistant Kevin Bond and Chris Ramsey, 52, were named as joint-caretaker managers for last Saturday's home game against Southampton and the midweek trip to Sunderland, although with the confident Ramsey much more to the fore.

By the time you read this, QPR may well have appointed a permanent successor to Redknapp, with Tim Sherwood remaining the bookies' clear favourite for the job. The egotistical Sherwood has been strongly linked as a potential successor for several weeks. When he took charge of Spurs between December 2013 and May 2014, two of his coaching assistants were Les Ferdinand, who was officially named as QPR's director of football last week, and



Bookies' favourite Tim Sherwood Pic: Rob Newell/Digital South

Chris Ramsey, who spent 10 years with Spurs and has been working in R's youth academy since last October.

On the face of it, Sherwood, who was 46 last Friday, would seem to fit the bill if the QPR hierarchy stick by their pledge to appoint a manager who will embrace a new long-term strategy by integrating their best youth team players into the first team squad, with a curb on expensive signings.

But for all his self-assurance bordering on arrogance, Sherwood would represent a big gamble by the QPR board. His first team managerial experience amounts to no more than 22 games in charge of Spurs before they sacked him, although the statistic that probably lingers longer with Tony Fernandes is the 42 points Sherwood gained and his public disdain for players he felt weren't pulling their weight.

Wise guys

■ From back page have to expect that Aston Villa will give 200 per cent even to take a point. It was exactly like that. It was a difficult game, especially when they scored. After that, it was difficult for us to come again into the game. But we did and luckily Ivanovic scored."

Matic, a £21m re-signing from Benfica in January last season, picked up a Portugal title winners' medal last term.

"I came to Chelsea in January, 2014," he said. "But then Benfica went on to become champions. So they sent me my medal. I was happy. It is always nice when you win. It doesn't matter what league or cup it is. So we just want to be champions, and that's it."

At 26, Matic is an

experienced player but how does he and the likes of Petr Cech and John Terry help influence the younger players as they steamroll towards the title?

"Of course it is very important to have experience in the team like Cech, Terry and Ivanovic," he said.

"They have already won the title, as has Didier Drogba. It is very important because they know how to play these kind of games. Before the game they say some words to prepare us in a good way. It is very important for young players because, honestly, we haven't won the Premier League yet. We have a good chance now and we have to use it."

Matic, like everyone at the club, cannot overstate the influence skipper Terry has on them.

"He has been at the club a long time, all his life," he said.

"And for him, every game is special. He gives us a big motivation before every game."

"He is very important for us and I want him to continue like this."

FOOTBALL FIXTURES

Friday, February 13
FULHAM U18 v CHELSEA U18, 1.00.
Saturday, February 14
QPR U18 v Crystal Palace U18, 11.00.
FULHAM v Ipswich Town, 3.00.
Monday, February 16
Newcastle Utd U18 v CHELSEA U18 (FAYC 6), 7.05.
Tuesday, February 17
Paris St Germain v CHELSEA (UCL), 7.45.

BETTIN' BANTER

teams go into the game with identical records – won 2, drawn 1 and lost 3 – from their last six league outings. Both are consistently inconsistent in a second tier that is notoriously difficult to predict.

Chelsea's 2-1 win at Villa and Manchester City's disastrous 1-1 home draw with relegation-threatened Hull City has virtually handed the title to Jose Mourinho and his players on a silver platter. With what looks an unassailable seven-point lead at the top, the best price you can get now for Blues to win the Premier League is 1.14 (1/7) with Paddy Power. Careless City are now out to 8.00 (7/1). The bookies decided last weekend that Tim

AS neither Chelsea nor QPR will be in league action this weekend due to the FA Cup fifth round, let's focus our attention on Fulham's efforts to secure mid-table stability.

We said in last week's column that Whites' home game with Birmingham on Saturday was a tough one to call and, having panned out to a 1-1 stalemate, you could see the sense in backing the draw at 3.37.

This Saturday's home clash with Championship high-flyers Ipswich Town looks equally hard to predict, with all three outcomes very plausible. The bookies clearly agree, because Fulham (2.60) are only fractionally favourites over the Tractor Boys (2.63), although I can see good value in the outside bet of the draw (3.40) for the second game running at The Cottage. Especially when you consider that the

Blue & White In Brief

■ CHELSEA U18s booked their place in the elite round when the regional leagues split into three next month after a hard-fought 2-1 victory against Brighton on Saturday.

Hubert Adamczyk and Isaac Christie-Davies netted in the first half to give Blues a two-goal lead at the break, before the visitors rallied in the second period. White's header reduced the deficit but Joe Edwards' side defended strongly in the final exchanges as they secured all three league points.

Chelsea: Collins, Grant, Suljic, Tomori, Chalobah (Sterling 62), Ali, Scott, Adamczyk (Maddox 77), Christie-Davies, Mount (Sammut 62), Ugbo.

■ REECE Grego-Cox bagged himself a hat-trick as a QPR youth beat Sampdoria 4-3 in a friendly at Harlington last week.

Grego-Cox was joined on the scoresheet by Osman Kakay in an entertaining fixture at the R's training ground.

■ FULHAM'S youngsters enjoyed mixed fortunes against West Ham. The U18s maintained their recent fine form with a 3-2 away victory, 24 hours after their U21s suffered a 2-1 defeat to the same opposition in east London.

The U18s were on course to extend their impressive run to 10 points from their last four games thanks to first half goals from Josh Walker and Aaron Redford. Although Hammers hit back to make it 2-2 early in the second half, Dennis Adeniran snatched Whites' winner with a close-range tap-in after Luca De La Torre was unfortunate to see his header rebound from the post.

Aussie international Adam Taggart's third goal in as many games couldn't prevent West Ham ending the U21s' three-match unbeaten run last Friday at Rush Green, where all three goals came in a six-minute spell in the first half.

Fulham (U21): Norman, Voser, Buata, Amorebieta, Evans, Della Verde, Hoogland, Mesca, Plumain, Richards, Taggart.

● RUGBY UNION

Hammersmith & Fulham... 44 Staines... 3

HAMMERSMITH and Fulham avenged a disappointing loss in the season's earlier reverse fixture to run out 44-3 winners against Staines.

The game began well with Hammers retaining possession and knocking over an early penalty. That possession soon resulted in the first try of the match.

An infringement at the breakdown allowed Staines to register a score of their own with a penalty. However, Hammers continued to work themselves patiently into good positions on the field.

Even when Staines were threatening in Hammers' half, the defence stayed strong.

Hammers' second score came from a textbook Henry Tanner interception in his own half, allowing the wing to run away to score under the posts.

Hammers' real heroes of the afternoon, though, was their pack. Staines had a sizeable pack and had in the previous game asserted their dominance at the scrum. But this time it was Hammers who stayed on top.

Taking the option of a five-metre scrum at a penalty, Hammers' pack marched Staines backwards and before a hand could ground the ball, the referee was under the sticks awarding a penalty try to earn Hammers their fourth try for a bonus point.

Persistent infringements by Staines allowed Hammersmith to establish good positions on the field. Fly-half Si Doherty and fullback Neil McClure both kicked superbly out of hand and with turnovers at scrums happening on almost every occasion, Hammers continued to add scores in the second half through strong running lines and good support play.

Hammers were guilty of giving away a few penalties late on which could have given Staines a late consolation try but the defence stood strong.

Captain James Smart said: "It was a great win against a really strong team and will hopefully get our season back on track after some wobbly league form."

Hammers have a break this weekend before an away fixture against Old Merchant Taylors the following Saturday.

SPORT

Thursday, February 12th, 2015

● SPORTS DESK: 07711 169 427

City have to mind the gap

JOSE Mourinho's men are inching ever so closer to another Premier League title.

Irrespective of the result against Everton on Wednesday night (LWN went to press on Monday), the west Londoners still have significant air between them and second place Manchester City.

The Blues will be having an extra day off from training on Thursday to relax before they turn their attention to next Tuesday's Champions League knockout phase clash against Paris St Germain in Paris.

The only bright spot to emerge from their recent embarrassing FA Cup defeat at home to Bradford City is that Chelsea have no league game this weekend, as their conquerors take on Sunderland in the fifth round.

Mourinho, who revelled in projecting a sullen character in the early part of the week, still angry and frustrated at what he thinks is a campaign against his club by Sky TV, when he answered press conference

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questions with one-word answers, was almost back to his irresistible best following the vital 2-1 win at Villa Park on Saturday.

Chelsea took an early lead through Eden Hazard before being pegged back by an Okore header. But then up popped Serbian defender Branislav Ivanovic to score a left-footed screamer to secure Mourinho's first ever win there.

Mourinho said: "It was a striker's goal. Every striker in the world would have been proud to score a goal like that. It was magnificent."

"And it was especially good as it was the winning goal. If you score and it was the last of three or four it has a different feeling. I'm very happy as 'Braná' is a great guy."

"What he is doing for us is unbelievable. He got a (badly cut foot) injury against Liverpool and still

played on, and then against Man City and again against Villa – he showed fantastic character."

Ivanovic, 30, a £9m signing from Lokomotiv Moscow in 2008, has scored 28 goals for the Blues. Some of them have been extremely vital, including his looping header in injury-time to win the Europa Cup against Benfica in 2013.

So is he one of Chelsea's best-ever signings?

"I think so," said Mourinho.

"He came just after I left the club the first time, and after that he made a fantastic contribution for us. He is such a competitive animal with a big heart."

Mourinho counters the suggestion that Ivanovic is something of an unsung hero.

"You know what the media are like," Mourinho said. "What matters more is what we, as a club, feel for him, the same as we feel for people like John Terry and Gary Cahill. You can't do anything without these kind of players. This is our team. We have an artist like Eden Hazard and a defender like Ivanovic. The mixture of these talents is what makes us winners."

It's that winning mentality of Mourinho that is so



Chelsea lining up on Champions League duty earlier this season. Next stop Paris Pic: Rob Newell/Digital South



This week at STAMFORD BRIDGE

infectious and cannot help but rub off on his team.

It was the three points that mattered for Mourinho, not that it was his first win at Villa Park.

"I don't care that it was my first win there," he said. "I just care about points. We need victories, I'm not going for records or to win in every stadium in this country. I just want the points, three points, no more."

With the January transfer window closed, Chelsea did the business that was expected. The sale of Andre Schurrle and loan of Mohamed Salah went through, as did the arrival of winger Juan Cuadrado. But it was the transfer of on-loan Ryan Bertrand for £10m to Southampton that was the surprise move of all.

The squad may be one senior player light but Bertrand's departure has left a space open for one of the younger players, like Rubén Loftus-Cheek, who was on the bench against Villa, to stake a claim for a place in the squad on a more regular basis.

SO while the FA Cup takes most of the footballing world's attention this weekend, Mourinho will have a clear run at plotting the downfall of PSG.

Chelsea faced the French side in last season's Champions League knockout stage, losing 3-1 in Paris before going through to the semi-final on the away goals rule following a 2-0 win back at the Bridge.

Mourinho knows they just about got away with it last April and will be determined not to leave it so close again this season.

One man who is central to any Blues success this term will be Nemanja Matic. He was a towering influence in the win at Villa Park and will be patrolling the midfield next week determined to keep the winning run going.

"It is always important to win," he told LWN Sport after the Villa Park victory. "Especially in these kind of stadiums, where it is always difficult. As you know, last year we lost here 1-0, so we are very happy because of these three points."

He was delighted, too, that Chelsea managed to extend their lead over Manchester City to seven points.

"Yes, their 1-1 draw at home to Hull City was good for us, of course. It is better to have seven points more than City, than five. So we are very happy because we won, but also because City lost some points."

Matic was one of nine Chelsea players who started in Saturday's win who also played in last year's 1-0 defeat by Villa.

"It is always difficult to play there in that stadium," said the Serbian.

"They always have special motivation when they play against us. We knew that before the game, we spoke about it, and we knew it was going to be very difficult to win. That's why we are very happy. In these kind of games, maybe it is going to be decided who wins the title."

"Mourinho prepared us, he said exactly what I said now – that it is going to be difficult. He said that we

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Focus on Craven Cottage

Rodallega back on goal trail

HUGO Rodallega is firmly back on the goal trail, having bagged two in his last two matches to take his tally for the season to 11.

After 10 matches without a goal, revitalised Rodallega netted twice in five days following his strike against Sunderland in midweek and his coolly taken opener against Birmingham after five minutes of Saturday's 1-1 draw following a clever one-two with Lasse Vigen Christensen.

Whites' boss Kit Symons is delighted to see the Colombian finding the net again.

"When I first took over he was scoring for fun," he said. "Then he had a little spell where he didn't but he's back on form now."

"When I first took over Ross McCormack was assisting Hugo for a lot of his goals, then we went through a little stage where Hugo was helping Ross out. I don't really mind who scores the goals as long as we are scoring."

Rodallega has rediscovered his confidence and goalkeeper Marcus Bettinelli is looking to do the same after conceding an horrendous own-goal in last week's home 3-1 FA Cup fourth round replay defeat by Sunderland. After Rodallega had given Whites a 28th minute lead,

the Premier League side were gifted their equaliser when Bettinelli dropped a harmless looking cross over his own goal-line.

Symons was quick to defend his young keeper, saying after the draw with Birmingham: "A mistake was made against Sunderland and he put it behind him straight away because, like I say, he is a really strong character and that's full testament to him. He had a good game for us today and made some great saves in the first half."

Bettinelli said: "The midweek game was a huge mistake for me. It was one that I can't take back or put right. Against Birmingham I came into the game a little bit more nervous and apprehensive than I usually am but that's part and parcel of football. You've got to take the good with the bad."

"The other night was personally horrible for me but I've got a great bunch of lads in there, a great manager who stuck behind me. He spoke to me in the week. And I've had some great messages from the fans, so thank you for them."

"I was a little bit more nervous today but I've just got to get my head down and get on with it."

Even so, Bettinelli looked at least partially at fault for David Cotterill's free-kick equaliser which sailed over his head and into the far corner of the net from a fairly tight angle.

"You'll have to ask him if he meant it (to shoot) or not," said Bettinelli. "It's a tough one. I was expecting it to come towards the goal. I know they've got quite a few big lads in there but he's scored a good goal. I won't hold myself fully responsible for it but I will look at it and see what I can do better next time."

Symons was disappointed that his team didn't build on their positive start against Birmingham.

"We started very, very brightly," Symons stated in his post-match press conference. "Even before the goal we had some good passages of play and good opportunities."

"It was a very good goal but we sat back a little bit then and they got more into the game, although most of it was from our mistakes in the first half."

"Most of their chances came from our cheap giveaways or poor decisions. We actually started the second half slowly but then dominated from there, so in the end it's disappointing not to have won it."